

1. Inflation

Pakistan, with a population of about 180 million people has undergone a remarkable macroeconomic growth during last few years, but the core problems of the economy are still unsolved. Inflation is one of these core problems. Government claims that in order to keep the prices of essential commodities under control, it has been taking various measures throughout the year. The inflation rate in Pakistan was recorded at 9.18 percent in April of 2014. Inflation Rate in Pakistan averaged 8.04 Percent from 1957 until 2014, reaching an all time high of 37.81 Percent in December of 1973 and a record low of -10.32 Percent in February of 1959. Inflation Rate in Pakistan is reported by the Pakistan Bureau of Statistics.



Causes of inflation

In Pakistan the main reason of inflation is the increase in the prices of regular items, such as wheat, sugar, ghee and other items. The government has totally failed to control the prices of these items. Petrol price hikes is the second main cause. When oil prices are increased it affects prices of its complementary goods too. Such as transportation fares, etc. Other major reasons is that the Govt. of Pakistan is printing excessive currency notes to run the Govt. business and to complete the projects without any amount of reserves equals to the value of currency notes. As the excess of money is increases the different groups of economy got more money to spend while the production sector of the economy fail to produce the things to fulfill the buying needs of economy. Thirdly, most of the industries are closed due to government policies creating unemployment.

Conclusion:

Pakistan is a developing country. Inflation is one of the major problems of this country. In fact, it is the root cause of oodles of problems in the country. This is to draw the attention of authorities towards the urgent need of such actions that may decrease the inflation rate in our country. It needs to be controlled by strategic planning. And lastly a strong monitoring system should be established on different levels in order to have a sound evaluation of the process at every stage.

2. Terrorism

At present the gravest problem that Pakistan is facing is terrorism. It has become a headache for federation and a nightmare for public. Though, it is a global issue but Pakistan has to bear the brunt of it. Pakistan's involvement in the War on Terror has further fuelled the fire. We are facing war like situation against the terrorists. This daunting situation is caused due to several factors. These factors include social injustice, economic disparity, political instability, religious intolerance and also external hands or international conspiracies.

Causes of terrorism:

Injustice is one of the foremost factors that breed terrorism. When the grievances of the people are not redressed they resort to violent actions. So this is the case with Pakistan where timely justice has always been a far cry. Hence, the delayed justice is working as incentive for victims and dragging them to the swamp of terrorist organisations.

Illiteracy is the root causes of extremism and terrorism. More than one in five men aged 15 to 24 unable to read or write, and only one in 20 is in tertiary education. Such a high illiteracy rate has made Pakistan vulnerable to terrorism. Furthermore, technical and vocational education, and adult literacy, are especially important but unfortunately have been neglected the most in Baluchistan, Khyber Pukhtunkhwa and the Tribal Areas. .

Regarding poverty, it is also an incubating cause of terrorism. And it is said that "a hungry man is an angry man." Notably, majority of people in Pakistan are living below poverty line. While especially for the youngsters, unemployment has made the matter worse. In these adverse circumstances, some people go to the level of extremism and even commit suicide. These are the people whose services are hired by the terrorist groups and they become easy prey to terrorism.

Conclusion:

All citizens of Pakistan must propagate moderate vibrant culture of Pakistan to promote good will of world community and shun misconstrued beliefs. Attacks on security forces personnel are executed at the sponsorship of hostile intelligence agencies. Such anti state elements must be singled out and brought to lime light to defeat evil agendas of our enemies. Pakistan has sacrificed the most in the ongoing war on terror; criticizing Pakistan's efforts at national/international forum will be counter-productive to the overall objectives of war on terror.

3. Unemployment

One of the most serious social & economic problems facing the country is unemployment. Honestly speaking, this problem exists in our country in an alarming degree. It is a fact that one person out of ten is out of work in Pakistan. It is a universal problem, even the most advanced & prosperous countries of the world like USA, Britain & Japan are confronted with this problem. As a matter of fact, it is impossible to provide jobs to all. The problem is serious in our country because we have unemployment among all the sections of our society—among the educated & uneducated, among the skilled & unskilled. It is most unfortunate that highly qualified & professional persons like doctors, engineers & teachers are without jobs. It is painful to see them wandering from door to door in search of jobs. Many of them have gone abroad and are serving the people of other countries. It has undermined the economic, social & political stability of the country and is a great obstacle in the way of the progress & prosperity of the country. It is estimated that more than a million people are entering the market for jobs and only a very small percentage is absorbed. Keeping a very large population unemployed and idle is a matter of great concern. It is a great burden on society and is a breeding-ground for crimes, moral & social evils.

Major Causes of Unemployment:

- 1. The higher growth rate of population is the major cause of unemployment in Pakistan. The resources of the country are limited because population has exceeded the optimum level.*
- 2. Karachi is the biggest industrial base of Pakistan, but investors are reluctant to invest there because of unrest and violence.*

3. *Our educational system is also responsible for increasing unemployment rate among the educated youth. The attitude of our youth towards the choice of a career is unrealistic and unproductive.*

4. *Lack of infrastructure and facilities in the field of energy, telecommunication and transportation also prevent the industrialist from setting up new industries.*

5. *Lack of enough industries to employ ever increasing number of graduate in Pakistan.*

6. *The government is not involving in capital expenditures which create more jobs.*

7. *Opportunities are not enough and system of reference is so much indulged in our society that if a company needs employees then workers of that company will provide some resume to them of their relatives and friends so in this way many people don't get the opportunity to apply for those jobs.*

Solution:

1. *Economic Revival package should announce by the government for the revival of industries sector, to stimulate production and investment.*

2. *Government should try to boost exports through broadening the tax base and lowering tariffs.*

3. *Government should announce multiple packages for the development of agriculture sector.*

4. *A number of fiscal and monetary measures should take attract industrialists and particularly foreign investment.*

5. *Technical training facilities should be provided. In this way unemployed people will get a chance to enhance their skills and become able to earn more reason able income.*

4. Religious intolerance

Pakistan is menaced by internal threats in shape of religious intolerance and extremism, soon after its independence in 1947 Pakistan faced many problems. The first calamity that struck this country was the demise of its founder Quaid-i-

Azam Mohammad Ali Jinnah, the vacuum which was created after Jinnah's death could not be filled; it caused many problems for the new born state particularly about the future of Pakistan. Jinnah wanted Pakistan to be a state where people from all religion, cast or creed will be treated equally, and their religious beliefs will have nothing to do with the business of the state, which he cited in his illustrious presidential address to the Constituent Assembly of Pakistan on August 11, 1947.

Rise of Religious intolerance:

Pakistan is suffering from religious extremism and intolerance more than ever, the sectarian violence in this country is at its peak, killings of sectarian leaders for the purpose of gaining more influence over the other sect is a common practice these days.

Pakistan has seen an unprecedented rise in religious intolerance since last five years, from the assassination of Governor Punjab alleged of blasphemy to the present day case of a 13 year old Christian school going girl, who was accused of blasphemy only because she misspelled the Urdu word "Naat" which looked like the word "Lanat" after being misspelled in her class test. The girl was expelled from the school by the principal on the complaint of her teacher, who should have known that a 13 year old young kid can make such types of mistakes unintentionally. Moreover, her prosecution was demanded by local Mullas and they waged protests to file a case against the young girl accusing her of blasphemy.

These events draw the horrible picture of our society which shows that how acutely the Mullaism and religious intolerance has settled itself in to Jinnah's Pakistan. Islam is a religion of peace and love it preaches the respect and welfare of Humanity, rather than killings and prosecution of non-Muslims just because of the reason that they live in a Muslim state and they differ from us in their beliefs, so

their any unintentional action is portrayed as blasphemy, which is considered as solid evidence to kill them.

Conclusion:

Pakistan is a country where quality education is rare; people are used to of blind following and there is a great dearth of awareness among people about misuse of religion. It is the need of the hour that as an individual and as well as a society we shall raise awareness among people against such propagandas and for the welfare of our country by using all possible means, we need to claim back the Jinnah's Pakistan which endorses tolerance, peace, love and equality rather than a country plagued by intolerance, hatred, sectarianism and fanatic mentality indoctrinated by those who have already hijacked the ideal state of Pakistan and camouflaged themselves as religious shepherd.

5. Water shortage

As we all know that now a days our country is facing severe shortage of water. In Pakistan 38.5 million people lack access to safe drinking water and 50.7 million people lack access to improved sanitation, according to Pakistani Meteorological Department Pakistanis are facing unprecedented shortage of clean drinking water and electricity due to the lowest recorded levels of water in the country's dams.

Reason:

There are two main reasons, one natural due to prolong drought which is beyond the control of a man, and the other due to the gross negligence in the development and miss-management of water resources. The average annual inflow of the Indus and its tributaries is 41.67 maf, of which 97% is used in agriculture and the remaining 3% for domestic and Industrial purposes. Out of 141.67 maf, around 106 maf is annually diverted in to one of the largest but in-efficient irrigation system. The remaining 36 maf goes into the sea unused ,a total loss, Out of 106 maf, diverted into an extensive irrigation network, more than 50% is lost during the chaneling and the field application before it reaches the crop root zone.

Analysis:

Pakistan is one of the poorest countries of the world, where as on the other hand it is one of the richest in its population increasing capabilities. On the other hand the growth rate of agriculture is decreasing due to water shortages. To keep up the pace of agricultural growth comparable to population growth, we must bring additional lands under cultivation. This water shortage has been threatening the federal structure of the country. Since no additional water is available, it is the time to recognize our responsibilities and start taking steps in the right direction.

Conclusion:

The problems faced by the water sector in the country are many, acute and serious. Therefore, building of more reservoirs and an effective management strategy are the needs of time. Also implementation of the recommendations will enable the country to meet the challenges, and achieve the objectives of integrated, efficient, environmentally and financially sustainable development and management of limited water resources. At the same time it will enable us to utilize every drop of our water for our bright future.

6. Low Education

Education is an essential investment for human and economic development. It is considered as the cheapest defense of a nation but unfortunately it is one of the biggest problems in Pakistan. The education system of Pakistan is rotten to the core. The literacy rate in Pakistan is recorded as about 55% in 2012-2013. At present, the education sector is facing crisis just like other major sectors of the country.

Major cause of low education:

- The educational system of the country is based on different mediums which divides the students in two segments. Mostly private schools are English medium while the Government schools are Urdu medium. Regional differences are also a major cause for a poor educational system in Pakistan.*
- Gender discrimination is very common in Pakistan. People are very conservative and they don't want their girls to go to school and get education. Due to this, the ratio of boys and girls in primary schools is 10:4.*

- *Poverty is another factor that prohibits the parents to send their children to private school where the quality of education is high. Poor people get their children admitted to Government schools. The teachers in Government schools are not professionally trained. They even don't take lectures and waste the precious time of the students.*
- *The allocation of funds for education sector by the Government of Pakistan are very low; only 2% of the total GDP. Government should increase this rate to improve the quality of educational system.*

Conclusion:

Education is very important for the development of every country. It is the only cure for the disability of a country because today's students are tomorrow's nation builder. Government of Pakistan should take steps to remove the above mentioned problems so as to improve the quality of educational system of the country.

7. Poverty

Poverty is Pakistan's biggest problem which today's Pakistan facing, it is interconnected with several elements which are having direct or indirect relationship with poverty. Pakistan is world's 6th largest country in terms of population and its population is mostly rural. The rural population of Pakistan is totally depending on agriculture. As in most cases where the canal system is lacking or on arid lands, the production of food is limited as agriculture is said to be subsistence and meager to provide extra costs associated to quality of life. The quality of life is the measure of development, the more the development, the better the quality of life. A better life means, better education, health and sanitation facilities and better future associated for young population. The rural areas are relatively poor with respect to urban areas and about 33 percent of the population is living below poverty line.

Causes/Reasons of poverty:

- *Illiteracy*
- *Over-Population*
- *Political Instability*
- *4. In-equal distribution of resources by the government.*
- *5. Corruption in the Government departments*
- *6. Old Agriculture Practices*

- *Division of Agricultural Land*
- *Large Scale Import*

Conclusion

Leadership has got central importance here, with proper planning and good government policies the problem can be solved. All they need to do is to appoint competent and well qualified economists to help them tackle this issue and obviously their sincerity for its solution cannot be ignored as well. A country economy is the backbone of its country with its solution when it is saved many problems will automatically. Alone leadership is not enough for its solution. People of Pakistan have too got responsibility with equal share. People need to cooperate fully with government and should be sincere with their own country and put all their energies for eradication of poverty.

8. Child Labor

Child labor is a reality in Pakistan. Many organizations have estimated that there could be anywhere from 8 to 19 million child labors in the country. The age of a child is defined from age five to age fourteen, of which there are 40 million in Pakistan, according to a survey last year by the Federal Bureau of Statistics, funded by International Labor Organization's IPEC (International Programme on the Elimination of Child Labor). This means that nearly half of all children are working.

The Reasons Why Child Labor Exists:

Child labor is due to poverty, lack of awareness and education in the region. People cannot afford to send their children to school so they send them to work. Unemployment is also another reason due to which people are forced to send their children to work. Children work for a variety of reasons. The most important is poverty. Children work to ensure the survival of their family and themselves.

Child labor continues to be a reality for various reasons. Millions of children are engaged in hazardous labor, although this is most likely underestimated because home businesses are not registered. Many parents are also addicted to heroin, which forces the children to work. In NWFP 50% of children that are trafficked for work live with parents who cannot read, thus education plays a big role in child labor.

SOCIAL PROBLEM OF PAKISTAN;DRUG

ADDICTION

Introduction:

People who have low self-concepts, who feel bad about themselves, have a higher rate of addiction. People with low self-concepts use psychoactive substances either to enhance or create pleasure in their lives, or to decrease the constant emotional pain they live with. The better a person feels about himself, the less likely he will be to use or abuse psychoactive substances. Some drugs are more addictive than others. This is due to the pharmacology of the substance, and how it affects the mood of the user. Drugs essentially are poisons. The degree they are taken determines the effect. A small amount acts as a stimulant. A greater amount acts as a sedative. A larger amount acts as a poison and can kill one dead. This is true of any drug. Each has a different amount at which it gives those results.

What are Drugs?

Generally speaking drugs are substances that affect the physical and mental condition of persons significantly and adversely any substance that can lead to addiction, misuse and dependence is a drug. Addiction level of drugs increase with each day of use. If drugs are not available, the patient shows critical withdrawal symptoms when immediate medical care is needed to prevent physical and mental deterioration, even death.

What is Addiction?

An addiction is defined as a dependence upon a particular substance in order to function. In the clinical sense of the term, the addiction must be harmful to the overall health of the addict. Though popular vernacular uses "addiction" to describe any kind of obsession or interest, it should not be strictly defined as such if it's not harmful. For instance, one cannot be "addicted" to cheesecake or to the Los Angeles Dodgers, because such "addictions" don't directly cause physical harm. Furthermore, while we are all "addicted" to oxygen, it can't be classified as such because oxygen is healthful and necessary to survive.

Drug Addiction:

Drug **addiction** or dependency is the **compulsive** use of **drugs**, to the point where the user has no effective choice but to continue use. People who are addicted feel an overwhelming, uncontrollable need for drugs or alcohol, even in the face of negative consequences. This self-destructive behavior can be hard to understand. Most people start taking drugs as a way to have fun, or alter their perceptions or try a new experience. That doesn't fit the criteria for addiction, at least initially. The barrier is broken when the drug becomes the central focus of the user's life: when taking the drug is the only thing he lives for. There are two distinct types of drug addiction: physical and psychological. Some drugs create one type of addiction and some create both. Individual drugs are different enough so that the specific manifestation of addiction varies.

There are two main types of drug dependence: psychological and physical. Psychological dependence is the subjective feeling that a drug abuser needs the drug to maintain a feeling of well being. Physical dependence is characterized by tolerance (the need for increasingly larger doses in order to achieve the initial effect) and withdrawal symptoms when the user is abstinent.

Drug Addiction Symptoms:

The addict develops a craving for the drug, and he spends all his efforts procuring it.

- Drug tolerance in users leads to increased dosage of drugs needed to provide the same degree of enjoyment and kick.
- Without drugs the addict loses his mental and physical abilities to work and enjoy life which is termed as psychological dependence and physical dependence.
- Although different drugs have different physical effects, the symptoms of addiction are the same no matter the substance. The more drugs begin to affect and control person's life, the more likely it is that a person has crossed the line from drug use to abuse and drug addiction. Unfortunately, when a person is in the middle of it, he may be in denial about the magnitude of the problem or the negative impact it's had on his life.

Reasons for Drug Addiction:

In brief the reasons determined through research, include:

- Curiosity and excitement through use
- Despair and frustration among the youth

- Some patients are addicts because they try to follow the western culture of drugs and enjoyment of life.
- All drug addicts in our country are afraid of social stigma more than the threat from the law.

The Dangers and Destruction Caused by Drugs:

Drug addiction brings on rapid erosion of educational and cultural, moral and family values. The addicts lose their professional and educational capabilities, self-dignity, and get involved in serious or petty criminal activities. The sole aim in life of an addict becomes the procurement and use of drugs. Other aims and objectives in life are thrown by the roadside. Besides, dread diseases such as Hepatitis, HIV/AIDS can easily attack drug addicts through use of injectible drugs. In our country, heroin is mostly smoked within aluminum foil or cigarette paper, but in other countries this is injected. Intravenous injection of pethidine/morphine and now tadigesic brand of riknomar penic. These are extremely dangerous drugs and increases addiction manifold. Injections through infected needles can cause diseases of the liver, brain, heart, lungs and spinal cord. Normal medication also interacts with heroin and cause many complications, which many addicts do now know about. Such interactions may also cause death. Heroin addiction lowers mental enthusiasm and efforts and physical ability the addict loses contact with normal society and becomes self and drug-centered. He engages in all types of activities to obtain money to buy drugs. A Heroin addict may need about Taka 500 worth of the drug a day. He neglects the needs of the family, and those are non-earning may sell off family assets. They also go out on the streets for mugging and dacoit.

Causes of Drug Addiction:

The causes of drug addiction are many, but some are actually easy to pick out long before substance abuse even begins. Why are some people able to resist drugs even when those around them abuse, while others seek out drugs even if they are not readily available? Are there predictors as to who will abuse substances and who will remain sober? Scientists evaluating drug use and abuse have come up with some interesting observations. Drug addiction is an overwhelming, uncontrollable need for drugs or alcohol despite the negative consequences that may follow. It can affect people of any age, sex or economic status.

Obviously the primary cause of drug abuse is use of drugs, but the predictors that seem to make certain people more susceptible to drug addiction are as follow:

Exposure from Peers:

if you are exposed to drugs in the teenage years, you are more likely to use and abuse drugs than those who are not exposed.

Use by Parents:

if parents use drugs, their children are more likely to use drugs, even if the parents say not to. Children of even strict parents who threaten severe consequences are more likely to use if their parents use than the children of parents who do not use. This applies to drugs, alcohol and nicotine.

Availability:

if drugs are easily available, addiction is much more likely than if drugs are difficult to come by.

Genetics:

Certain genetic predispositions appear to weaken a person's ability to resist substance abuse. This can sometimes be seen in what is sometimes termed as an "addictive personality," reflected by the fact that this person seems to latch on to new experiences with addictive enthusiasm, as if that new experience is the most important thing. People who struggle with one addiction often struggle with multiple addictions. They are also more susceptible to taking on a new addiction if they overcome one addiction.

Poor Family Environment:

Teens from broken homes or with poor parent-child bonds are more likely to use and abuse substances.

Psychological Problems:

People with psychological problems are more susceptible to drug addiction than mentally healthy individuals.

Personality:

Children who are aggressive or shy-aggressive are most likely to use and abuse substances when they get older.

Feelings of Depression:

Those who suffer from depression or feelings of loneliness may be more inclined to become addicted to drugs, as drugs may numb the emotional pain they feel.

While the drug is only a short-term fix for such a long-term problem, the person fails to view it as such and continues turning to drugs as a means of feeling better, if only for a few moments.

Lack of Parental Involvement:

Teens that are left unsupervised are at an increased risk for drug addiction versus those whose parents are fully active in their lives. That may be due to a feeling of complete freedom that they full advantage of, or may be due to feeling neglected and unloved by their parents. Those feelings can result in turning to friends who lead them down the road of addiction.

High level sports competition:

Top level athletes use drugs to boost their performance. Amphetamines eliminate or reduce pain allowing the injured sportsperson to play. Steroids are used for muscle building.

Prescription drugs:

The affected person takes higher doses than prescribed, more frequently than prescribed and continues taking it even after his medical condition is cured. The reason is that these drugs if consumed in larger quantities provide greater relief.

Job stress:

Pressure at work, a ruthless boss, bad relations with one's colleagues and the danger of losing one's job are factors

Marital problems:

Bad relations with one's spouse, house fights, infidelity and divorce cause emotional disturbance. Drugs are a way of reducing distress.

Curiosity and the urge to experiment:

One may want to experience a "high" or want to know how it feels. This could be the starting of drug addiction.

Financial difficulties:

These cause great stress in the mind. Drugs are a route to escapism.

Poor self esteem:

This leads to depression and probably consequent drug abuse.

Loss of a loved one:

Bereavement leads to feeling of emptiness and emotional distress. A person may resort to drugs for combating this situation.

Loneliness:

An isolated individual tries to compensate of the lack of a social network by taking drugs.

Low cost and easy access to drugs:

This increases drug consumption.

Mental illnesses:

The affected person is generally depressed and takes drugs to alleviate the sorrowful feelings.

Anxiety:

Sometimes people need some help coping with life. Everyday life becomes a struggle and simple things become too much to handle. Drugs are used to deal with it. In the case of addiction, we are not talking about the use of medication, under the care and observation of a doctor. People who have been clinically diagnosed with anxiety can lead a very good life. We're talking here about people who just need to escape. Their drug of choice facilitates that escape.

Effects of Drug Addiction:

In addition to these lifestyle changes, [Drug Abuse](#) can have serious short- and long-term medical effects, among which are:

- dangerously increased heart rate and blood pressure
- hepatitis or AIDS through shared needles
- violent, erratic, or paranoid behavior and hallucinations
- clinical depression
- sleeplessness and tremors
- liver, lung, and kidney impairment
- sudden death (from misuse of inhalants, or from heart attack or stroke)

Remedial Measures for Drug Addiction:

Drug addiction is a rising menace which surfaced in the olden times. The deterioration of physical as well as [mental health](#) saw no boundaries. This led to drug addiction being considered as an international health crisis. While drug addictions can be grouped into various categories, the main abuses which drug addicts are habitual of administering include smoke related drugs, alcohols and banned substances which can either be chewed or directly injected into the bloodstream of the individual. Drug addiction is a brain disease that occurs secondary to substance abuse, in much the same way hypertension occurs secondary to overeating and obesity. Drug abuse hijacks the brain's dopamine system, which normally produces feelings of pleasure in response to spending time with friends and doing fulfilling activities. The brain releases dopamine to reinforce behaviors, but drugs cause large amounts of dopamine to be released quickly, reinforcing only drug use. Addicts end up being unable to enjoy normal relationships, work and leisure pastimes. Methods of recovery from addiction to drugs vary according to the drugs involved and the needs of the individual. Recovery offers some of these solutions.

Initiation point:

What makes one fall for the need of taking drugs? Well for some it might be a part of adventure in the company of some bad friends. But in most cases the attraction towards a particular illicit drug begins from some crisis in life. Loneliness, depression and frustration can easily draw the attention towards drugs. The drugs give a certain psychological relief as they directly react on nerves and make a person inert from all sorts of pain for a time being. But the action doesn't stop here. This is the point from where the use of drugs takes the shape of abuse and the more he become dependent on it. The beginning often poses to be very relaxing without any harm to a body. But as a person proceed with the increasing number of intake of drugs the ill reactions begin and urge takes an enticing state.

Intervention:

Interventions that focus the determination of loved ones to stop enabling addictive behaviors can have the same effect as the court system because they pressure the addict to get help. The severity of the problems drugs cause in the life is a part of addictive disease. Bringing the body to treatment is a strategy to get the mind to follow. Once a person admits, he has a problem with drugs, recovery begins.

Lowering the brain's activity:

Once a person becomes prone to use a particular drug, gradually his brain and the entire nervous system start becoming inactive. He tends to lose the rational position and thinking. The effects reflect through the behavior, actions, body language, physical stability and his way of talking, walking and overall personality. He will ultimately lead a life isolated from every social aspect and feel dejected with everything.

Relapse:

At various points on the road to recovery, addicts might relapse. In most cases, relapse does not mean that recovery efforts have been ineffective or that treatment has failed. Chemical dependency creates changes in the brain that make users vulnerable to relapse.

Time Frame:

Addicts in recovery must learn to stop using drugs and deal with stressful situations in the family, at work and in society while maintaining a drug-free lifestyle. Because addiction is a chronic disease, addicts cannot simply stop using drugs for a few weeks and be cured. Most addicts require long-term treatment and the social support of others who are in recovery.

Stepping out:

Get help from a rehabilitation center because it can provide a suitable program for the cure of a drug addict. If the addiction level is at the point of initiation, the treatment procedure is not that tough. The success can also be easily gained. A few sittings of psychological therapies along with guidance and counseling can treat well in such cases. But for chronic addicts it takes a longer time with detoxification, counseling, medication and other relevant aspects of treatment. The process can also take over a year. Still a person can look forward to get cured.

Drug Addiction Rehab Is Not A Permanent Solution:

While most people are under the impression that drug addiction can be treated through the means of a drug addiction rehab, the truth is that a rehab center can only provide a temporary relief to your problems. There is no doubt that the patient would never be allowed to either smoke or drink while he/she is inside the rehab center, the moment he/she steps out, he/she would be back to his/her normal habits. Drug addiction help through the means of a rehab center is not permanent. It is like a jail which keeps a convict under control for a specified time

period. After the period is over, the convict is back doing what he does best-committing crimes.

Friends and Family Play an Important Role:

Living with or loving an addict causes family members and friends to experience strong emotions: fear because many aspects of drug use are terrifying, anger and guilt for being angry. While the addict is obsessed with getting high, those closest to her are obsessed with helping minimize the damage, which might be counterproductive. Spouses, parents and children all suffer from shame; the addiction takes an immense toll on the physical and emotional health of family members. Drug addiction help can be provided through the means of friends and family members. In case it happens to have a drug addiction case in someone's family, it is his responsibility to get the patient back on track. Addiction to drugs is a bad habit which needs to be dropped through an able counselor. While there are various counselors available in the market, most of them are very expensive and obviously, they do not have a lot of time to spare on a single case. This is when the role of a family comes into picture. If one's wish to cure a patient of his addiction to drugs, he needs to be able to make sure that he convinces the patient's friends and family to take an active interest in the process.

A Natural Therapy Is Always The Best Cure:

Drug abuse addictions are a very serious problem and if someone wishes to permanently cure a patient, he needs to pay adequate attention towards the choice of the de-addiction therapy. While there are many traditional therapies which do not work well as they are temporary in nature, there are others which are considered permanent. They are natural [therapies](#) which work on the mindset of the patient. Once the patient's mindset is changed, he can take control of his life without any external assistance. If he wishes to end drug abuse addictions permanently, he needs to adopt a natural therapy.

Prevalence rate in Pakistan:

It is a bitter fact that a great number of our young men and young women use narcotics. Narcotics are the drugs that people take as a pleasure. The primary function of such is to relieve pain. But people use them for the purpose of forgetting their worries. In this way they soon become addicts. There are certain drugs whose addicts cannot recover; opium, Charas and heroin are among of them. Unfortunately drug addiction is very common in all over the world. You can

see a huge crowd of Drugs, Opium, Charas and Heroin addiction in markets, graveyards and public parks. Man, women and even children beg money from people and go straight to the drug sellers and buy the daily dose of Heroin. The pinching thing is that it is in the knowledge of the government machinery. But the Mafia is so strong that no one can stop the sale and purchase of such a deadly drug. The smugglers and the dealers have a long chain of connections. Their roots are very deep. They have murdered many government officials of some country who tried to oppose them.

Pakistan is today notorious for many things, but in the last 20 years, drug production and addiction has increasingly become just one of them. The issue of drug addiction is often overshadowed by the many of the country's other human development problems, such as poverty, illiteracy and lack of basic health care. But the fact is, drug abuse is rapidly growing in Pakistan and in South Asia in general. While Bangladesh, India, Nepal and Maldives all suffer from this, Pakistan is the worst victim of the drug trade in South Asia. Today, the country has the largest heroin consumer market in the south-west Asia region. It wasn't always this way. Pakistan became a major exporter of heroin in the 1980s, following the influx of Afghan refugees escaping the Soviet invasion of Afghanistan in 1979. The major consequence of this has been a significant increase in domestic consumption of heroin in Pakistan. Heroin was once upon a time a drug which was virtually unknown in the country until the late 1970s. Today, Pakistan is not only one of the main exporters of heroin; it has also become a net importer of drugs. It is estimated that about 50 tons of opium are smuggled into Pakistan for processing heroin for domestic use. Almost 80 percent of the opium processed in Pakistan comes from neighboring countries. Widespread drug abuse may be indicated by the fact that almost five percent of the adult population is using drugs in Pakistan. As a proportion of drug abusers, heroin users have increased from 7.5 percent in 1983 to a shocking 51 percent a decade later in 1993. Drug production for Pakistan's domestic market is estimated at close to \$1.5 billion. It appears that only three percent of the gross profits from the illegal opium industry remain within Pakistan.

Like many of the countries other human development problems, the issue of drug abuse touches the most vulnerable: the majority of drug users in South Asia belong to the poorest strata of society. In addition, the presence of a large drug industry in Pakistan leads to a redistribution of income from the poor to a few rich individuals who control the drug trade. This not only makes the gap between the rich and the poor as well as income inequality even worse, it also erodes Pakistan's social cohesion and stability. Although almost all South Asian countries have enacted strict laws for fighting drug trafficking and drug use, these measures have produced very disappointing results. One problem is that corruption has also touched the fight against drug abuse in Pakistan and other

South Asian countries, since drug traffickers often escape punishment by giving bribes to get out of being held accountable for their actions. But Pakistan is not alone in fighting this disease. With the globalization of the drug abuse problem in the last two decades, the situation has gone from bad to worse, so much so that the United Nations Commission on narcotic drugs no longer discusses individual situations. It has argued that the solution does not lie in the hands of individual countries. It has to be worked out through mutual efforts by South Asian countries.

Conclusion:

The main elements in combating Drug addiction include measures to control availability and use of drugs, treatment of withdrawal symptoms, and restoration of social moral and religious values. To prevent re-addiction in patients, innovative treatment containing medical, social and religious aspects have to be put in place. Easy availability of treatment will ensure the elimination of this socially and physically dreaded disease. Treatment of addiction in our country is still not in a hopeful stage. Some unqualified and unscrupulous people are engaged in making money out of this affliction with mushrooming organizations and signboards, which confuse the patients. Such institutions do not have doctors. Others falsely advertise the availability of services and doctors from abroad. Such doctors even if available cannot be very effective, unless they are truly knowledgeable about our social, cultural and economic environment. Its is time that experienced and qualified doctors and health professionals come to the aid of the addict in our society, and give genuine and prolonged treatment and care.

