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إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ
وَالْمَيْسِرِ وَيُصَدِّكُمُ عَنْ ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ فَهَلْ أَنْتُمْ مُنْتَهُونَ ﴿٩١﴾

Satan only wants to cause between you animosity and hatred through intoxicants and gambling and to avert you from the remembrance of Allah and from prayer. So will you not desist?

Surat Al-Mā'idah (The Table Spread) -



'Something new has happened; the prohibition of Khamr has been revealed.' So we poured it away." He said: "The only intoxicant in those days was Fadikh, a mixture of unripe dates and dried dates." And Anas said: "Khamr was forbidden, and most of their Khamr in those days was Fadikh."

Sunan an-Nasa'i

... Narrated Abdullah Ibn Abbas: The Apostle of Allah (peace be upon him) said: Every intoxicant is khamr (wine) and every intoxicant is forbidden. If anyone drinks wine, Allah will not accept prayer from him for forty days, but if he repents, Allah will accept his repentance. If he repeats it a fourth time, it is binding on Allah that He will give him tinat al-khabal to drink. He was asked: What is tinat al-khabal, Apostle of Allah? He replied: Discharge of wounds, flowing from the inhabitants of Hell. If anyone serves it to a minor who does not distinguish between the lawful and the unlawful, it is binding on Allah that He will give him to drink the discharge of wounds, flowing from the inhabitants of Hell. ...

SunanAbiDawud

... Narrated Aisha: When the last Verses of Surat al- Baqara were revealed, the Prophet recited them in the mosque and proclaimed the trade of alcohol as illegal. .

Sahih al-Bukhari

Icy Hell

© S Raine

Looking forward with fear I stare.

I face the mirror to see there.

I've lost my family, my friends are few.

You've controlled my life but now I'm through.

I'm finally strong enough to fight.

By myself I'll make this right.

I've lived in Hell with my demon.

I've done your deeds a life of scheming.

All I've loved I've lost no hope.

All that's left is you and dope.

Seeing life smoked through a glass.

To erase the memories from my past.

With every hit I kept you strong.

I've stayed weak for far to long.

I'm taking back all you stole.

My life, my love, my world, my soul.

Today's the day I leave this jail.

So take your demon and go to Hell.

Reference : Available at <http://www.familyfriendpoems.com/poem>

By Muhammad Zakir

I was so worried to see the open use and sell of drugs in my street. Very near to my home, a man was taking drugs sitting in his home. He was inviting other drug addicts to take drugs together. I saw drugs addicts whom I had never seen before coming in my street. They were also involved in drug peddling.

My children play with other children in street and it is very dangerous not only for my children and others too. I scared of the spreading of drug addiction in my locality. I talked to my neighbors. They also showed similar concern over that issue. I, with my neighbor talked, to other people of my street and successfully convinced them to do something seriously.

We all went to the most respectable and well-off person of our residential area. His son was also affiliated to a political party. We discussed this matter to them so that they could take action against the drug peddlers. On our request, they instantly talked to police to arrest the drug peddlers and seal their home.

The police came to arrest them all, sealed the home and warned all others that if anyone here was seen in involving drug peddling or taking drugs would be arrested and sent to prison. Thanks Allah, our efforts brought positive result and our children and rest of the people have been saved from drug addiction. I want to convey my message to all citizens of Pakistan that if they want to save them and future generation, they will have to do something jointly. Spread of drug addiction could only be controlled by working together.



By Haider Ali

Steroids are essential for body to fight with stress and to enhance body growth. These steroids are naturally produced in the body. Steroids are available in form of roids, juice, hype, weight trainers, gym candy, and pumpers. Steroids are being used as supplement but in fact, frequent use of these drugs can put side effects for users. People use steroids pills, gels, creams and injection in order to enhance their stamina to perform well in the relevant field. Steroids lead to numerous side effects, such as; hypertension, increased total cholesterol levels, acne, hair loss and baldness, gynecomastia, excessive hair growth, liver damage, and excessive growth of oral gums.

Use of anabolic steroids is common among athletes and sportsman. Artificial hormones are produced in the body through as the result of anabolic steroids. The male hormone, androgens, increases the functioning of testosterone. Male traits are developed in the male body due to testosterone. It also determines the level of aggression. Use of anabolic steroids provides same benefits to athletes.

Steroids are also available at food stores and gyms in form of steroidal supplements which contains dehydroepiandrosterone (DHEA) and androstenedione. In some countries, people need to have prescription to buy steroidal supplements. Without prescription, its use is illegal. These steroids are promoting addiction like other prescribed medicines. Therefore, without having the permission from health care professionals, steroid use should not be allowed. Action should be taken against gyms where these steroids are being sold. Awareness-raising program should be conducted for health care professional and other community members for the prevention of prescribed drug abuse and steroid abuse.



By RiffatSadiq

1. Try to present a positive role model for your children. Any use of drug or substance in front of children will convey them message of using substance and promote addictive behavior among children.
2. Build trustworthy relation with your child. Trustworthy relation will reduce the gap and your child will share everything with you. Even what his friends do and say to him. It will also help him or her to handle peer pressure.
3. Provide quality of time to your family and children. Quality of time resolves conflict within family environment. A positive family environment is essential to prevent drug abuse among children.
4. Get information about drug abuse problems and other social issue. Parents should know about what is going on around, in home, in neighbor and residential area. Keep your self aware of surroundings so that you can properly guide your child.
5. Equally deal all of you children. Inequality, injustice or inappropriate criticism make child feel to be rejected and ignored. Such feelings and thoughts may bring them to the environment where drugs are taken as solution of releasing tension.
6. Try to earn for your family in honest way. Your honesty will sow a seed that would be reaped later on by your children. Whatever you will sow today, same thing you will have to reap.
7. Present your religious and social values to children in appropriate way. Make your values easy to be followed. First you will have to follow your values in order to teach your children.



Flowers Died Before Blooming

I was very happy when my 20 years old son got a job in government sector. He was very handsome. I used to feel proud of him. I wanted to arrange his marriage. I started finding a suitable girl for my son but nature had decided something else. When I asked my son to get married with someone, he refused. He had become a drug addict. Initially, I could not believe it.

Due to addiction, he was fired from his government job but he told me that he had resigned from the post. He used to spend most of his time in his room. informed us that he had resign from his job . He spent his most of the time in his room. Once, I saw my son taking drugs in the midnight. Then, I got him admitted without his consent in the treatment and rehabilitation center. I spent a huge amount on his treatment but he could not recover. He relapsed again and again. He died at the age of 32 due to drug addiction. He was my only son. Now, I feel as if I have nothing in my life.



From Sobriety to Success

By the grace of Allah I had every thing which any person can desire . a happy family , a flourished business and a beautiful home . I always thanked Almighty for his benevolence upon me. After indulging in drug addiction, I lost everything. I knocked at the door of grave. I spent my days and nights under the bridge, begged for money to buy drugs and food. I also involved in crimes to get more money. My both parents passed away and no one was there to take care of me.

I saw many drug addicts dying due to drugs. Whenever, a drug addict died, other kept searching drugs in his pocket. Once, I thought that when I die, they will also search drugs in my pocket instead of mourning on my death. Many times, I promised with myself to myself to quit drugs but could not keep it.

One day, one of my old friend came to meet me under the bridge . I was very happy to see him. He also used drugs with me for 10 years and then he got treatment and was leading a sober life. He motivated me for treatment. He morally and financially helped to be recovered from drug addiction. He also helped me to start a small business. By the grace of Allah, once again, I am leading a sober life.



Use Of Drugs Is A Foolish Decision

I belonged to a big family comprising of 15 members. Due to lower socio-economic status, we faced many problems. We used to quarrel with each other. I was youngest in my family and remained disturbed. I could not concentrate on my studies and most of the time, stayed out of home. My social circle was very big. I used gutka at the age of 13. My elder brother, too, was gutka user. Whenever I did not have money to buy gutka I used to get from my brother.

At the age of 15, I started working at meat shop. During that time, I used heroin that brought disaster in my life. Whatever I earned, I spent on drugs. I destroyed my life. My parents tried to help me but in vain. They are no more and my siblings are busy in their life. No one has time for me. I do not blame other because I am responsible for my destruction. I chose drugs considering it a solution of my mental distress and was destroyed forever.



Q 1: My elder brother is a heroin drug addict for 6 years. We got him admitted in treatment and rehabilitation centre but he relapsed many times. I am unable to understand yet the reason of his relapse. How can I help my brother?

Anis - Nawabshah

A: Heroin addiction brings multiple destruction such as; psychological, social, moral and physical problems. Your brother has been using heroin for last 6 years. During 6 years, multiple skills of your brother have been destroyed. All of his skills (cognitive, behavioral, occupation and spiritual) need to be rehabilitated for a long time in order to keep in recovery. Besides, different factors also contribute to sustain of recovery such as; positive family environment, will power to fight with problems, social activities etc. You and your family will have to show patience and kindness for your patient. Keep in mind that drug addiction is like diabetes that needs life time precautions. Relapse is the part of treatment and chances of relapse will always be there. If your patient is relapsed for 5 five times, you will have to get him admitted in hospital again. It is a life time struggle. Do not be hopeless and keep helping your brother with the hope of long recovery.

DFN

Name and place of sender has been replaced in order to ensure confidentiality. Keep sending your queries without hesitation at the following address;

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