DAGGA

Dagga is the illegal drug which is most widely abused.

Classification
Dagga is a hallucinogen – it changes senses and perception. Dagga is also classified as a mild depressant.

Other names
Botanical name – Cannabis Sativa.
Street names
Zol, pot, joint, boom, grass, weed, matekwane, ganje.

Method of use
Smoking, eating and drinking.

Active ingredient
THC (Delta-9-tetrahydrocannabinol).

What is dagga?
Dagga is a drug made out of the plant Cannabis Sativa. The main mind-altering (psychoactive) ingredient is the THC. It also contains 400 other chemicals. The dagga cigarette (joint) is made from the dried particles of the plant. Today’s dagga is more potent than in the 1970’s – mainly because of cultivation methods.

Dagga and the body
When smoked, the smoke moves down the windpipe into the lungs and passes through the bronchia into the alveoli. It then passes into the bloodstream. The THC is absorbed by most tissues and organs in the body, especially the fat cells and organs like the brain. The “high” reaches a peak in approximately 10 – 30 minutes and will last for 2 to 8 hours, depending on the amount of dagga used. It takes a week to a month for all the chemicals from one dagga cigarette to leave the body. If more dagga is smoked, the THC accumulates in the cells and after smoking stops, it can take about three months for the accumulated THC to leave the body. If dagga is eaten, it enters the stomach and is broken down for digestion by enzymes. At this time, THC passes into the bloodstream. Smoking it puts 5 – 10 times more THC into the body than ingestion does.

Short term effects of dagga
Feeling of well-being and euphoria; Paranoia and risk of toxic psychosis; Drowsiness and reflective mode; Confusion, restlessness, excitement; a higher dose could result in hallucinations, distortion of time, space, speed and sound; Flushed face, redness of eyes, dilated pupils; Loss of short-term memory; Impaired logic and reasoning; Tendency to giggle and talkativeness; Increased pulse rate; Impaired co-ordination; Increased hunger (munchies) and thirst.

Long term effects
Apathy; lack of concern for future, loss of mental alertness; Slow, confused thinking, lack of energy and enthusiasm; Learning difficulties; Sweating, sleep disturbance, irritability when in withdrawal; 50% more tar than tobacco – increasing health risks by 1.5 times; increased risk of infections; Liver damage; Chromosome damage; Gastro-intestinal disturbances; Loss of libido, menstrual disturbances, infertility, foetal damage, Abnormal weight changes.

HELP IS AVAILABLE! CONTACT YOUR NEAREST CENTRE.

1. Aurora Alcohol and Drug Centre, 15 Brompton Road, Bloemfontein
   Postal address: P.O. Box 2037, Bloemfontein, 9300
   Phone: 051 - 447 4111
   Fax: 051 - 447 4225
   E-mail address: aurorasentrum@xsinet.co.za
   Website: www.auroracentre.co.za

2. Goldfields Alcohol and Drug Centre, 222 Long Road, Welkom
   Postal address: P.O. Box 1153, Welkom, 9460
   Phone: 057 - 352 5444
   Fax: 057 - 352 3186
   E-mail address: gadrug@webfrica.org.za

3. Sasolburg Alcohol and Drug Centre, Sasolburg
   Postal address: P.O. Box 745, Sasolburg, 1947
   Phone: 016 - 976 2051
   Fax: 016 - 976 2051
   E-mail address: mariaderksen@eskom.co.za

4. Northern Cape Alcohol and Drug Centre, 8 Knight Street, Kimberley, 8300
   Postal address: P.O. Box 909, Kimberley
   Phone: 053 - 831 3150
   Fax: 086 549 1755
   E-mail address: sancakimberley@telkom.co.za

SANCA National Directorate website:
www.sancanational.org.za

Get in contact with your nearest in-patient facility by:
0861 4 SANCA

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**ALCOHOL**

Alcohol is a legal drug which is most widely used and abused.

**Classification**
Alcohol is a depressant – it inhibits the functioning of the body.

**Other names**
Booze, juice, dop, skomfana, skokiaan.

**Method of use**
Orally.

**Active ingredient**
Ethyl alcohol (Ethanol).

**Elimination from body**
One standard drink per hour eliminated by liver (90%) and skin, lungs and urine (10%).

**The effect of alcohol on the brain**
1 – 2 drinks influence the reason, caution, intelligence and memory.
3 - 4 drinks influence self-control and judgement.
5 – 6 drinks influence the senses (vision, hearing, taste, touch, smell).
6 – 7 drinks influence the co-ordination.
10 and more influence the balance.

**Short term effects (Intoxication effect)**
- Decrease in oxygen to brain – numbing of senses;
- Impaired judgement;
- Blurred vision;
- Slurred speech;
- Heart inflamed – works harder;
- Nausea due to toxins;
- Increase in sexual desire;
- Aggressive outbursts;
- Staggered walk;
- Delayed reflexes.

**Long term effects**
- Irreversible brain damage;
- Deteriorating skin conditions;
- Damage/cancer of the oesophagus;
- Cancer of the larynx (voice box);
- Tuberculosis and pulmonary failure;
- Heart failure;
- Hardening of the arteries;
- Hypertension;
- Cirrhosis of the liver;
- Ulcers;
- Abdominal pain and intestinal bleeding;
- Impotence;
- Unwanted pregnancy;
- Foot & Alcohol Syndrome and the risk of HIV/AIDS;
- Nerve and muscle tissue damage;
- Arthritis; Gout.

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**MANDRAX**

Mandrax is an illegal drug mostly used with dagga.

**Classification**
Mandrax is a depressant.

**Other names**
Buttons, Whites, Ludes, Originals, The pill, The article.

**Method of use**
Often crushed and smoked with dagga (“white pipe”) or orally as a downer, e.g. “downer” from a cocaine “high”.

**Active ingredient**
Methaqualone and antihistamine.

**What is mandrax?**
Mandrax is a synthetic sedative that acts as a CNS depressant.
Mandrax was available as a sleeping tablet, but banned during the 1970’s. It is currently imported or manufactured locally in underground laboratories.

**Short term effects of mandrax**
- Impaired motor co-ordination;
- Psychological dependence;
- Eyes become glazed, puffy and red;
- Slurred speech;
- Numbness;
- Nausea;
- Loss of appetite;
- Aggressive outbursts;
- Staggered walk;
- Delayed reflexes.

**Long term effects**
- Irreversible brain damage;
- Seizures;
- Damage/cancer of the oesophagus;
- Vomiting;
- Tuberculosis and pulmonary failure;
- Impairment of the liver;
- Scarring;
- Irreversible damage to kidneys and pancreas;
- Constipation;
- Impaired sexual functioning;
- Nerve muscle and tissue damage;
- Muscle pains;
- Staggering walk.