



ORIGINAL RESEARCH PAPER

Psychiatry

**POST / DODA ADDICTION IN 13 YEAR OLD FEMALE:
A RARE CASE OF OPIOD ABUSE**

KEY WORDS:

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INTRODUCTION

The word 'Opium' is a Greek word, verbal meaning of this is 'Juice'. *Papaver somniferum* which is also known as poppy plant is the source of opium [1]. India is one of the few countries that legally allows growing opium poppy and only country legally produces opium gum (Afeem)[2]. It is obtained from the milky exudate of the incised unripe fruit (pod) of the poppy plant. The milky exudate when dried in air forms a brownish gummy mass which is then further dried and powdered to make opium (Afeem) which contains a number of alkaloids like morphine, codeine, thebaine. Doda or poppy straw is the husk left after the opium is extracted from the pods. This husk/doda also contains a small quantity of alkaloid and if used in sufficient amount poppy straw give high [3,4]. In western Rajasthan's rural areas opium is consumed in social gatherings, marriages and even at condolence. The restrained use of natural opioids has been historically accepted in Indian culture, especially in North-Western parts of India. [4,6,7,8]. Rates of opium use is significantly higher in men in comparison to women. Though, mean age of initiation of 23.2 years in men and 27 years in women [9,10,11].

CASE REPORT

Miss S, 13 year old, grade 8th student, residing in village 80 kilometers far from district headquarter Barmer (Rajasthan). She came to my clinic for treatment for her addiction to "doda" (poppy straw/husk) along with her mother. Her mother reported that she was given opium (afeem) at the age of two for her frequent loose stools. As someone suggested family members that the use of opium would help her to curtail the problem of loose stools. She was given a pinch of opium once in night on regular basis for 2 years on regular basis. Family members noticed that her frequency of defecation has reduced. Then at the age of four year they suddenly stopped the use of opium. Two to three days later she started crying, along with this symptoms of yawning and lacrimation was there. So family member again started using opium on regular basis. Quantity was almost similar to the previous one. This use continued upto the age of 9 years. Then her grandfather who is also an addict of doda asked her to use doda/poppy husk instead of opium (afeem). And she started using husk in the replacement of opium. Initially her use was confined to once a daily but this time in morning. Her consumption was around 20 grams a day. Which was gradually increased to 60 grams a day (2kg/month) over a period of four years. And she started using husk three times a day. Subsequently, she started having lacrimation, rhinorrhea, and body ache whenever she would attempt to control the use of poppy husk. In the recent past rules and regulation regarding opium supply has changed enormously in the State. However, she could manage to procure the poppy husk consistently over the period, she continued the use of poppy husk, without making an attempt to stop its usage. In the recent past, family member found it difficult to procure poppy husk from the dealers. They also faced financial difficulties as cost of illegal supply was sky high. After the thorough assessment, the patient was given Clonidine .2 mg /day (devided doses), Tapentadol 200 mg /day (devided doses), Clonazepam .5 prn (p.r.n. for sleep) for 7 days. On next visit her Tapentadol were reduced to 150 mg /day and dose of Clonidine was halved, this was continued for 2 months. Then clonidine was stopped slowly over a period of 2 weeks and Tapentadol 50 mg twice a day was continued for 1 more month. Then this was stopped over a period of 20 days and patient didn't complain about withdrawal symptoms.

DISCUSSION:

Tobacco is the most commonly abused substance in women of Rajasthan followed by sedatives, opioids, and alcohol. There is two principle reasons behind the abuse of opium women one is self-medication for some physical/mental illness second one is initiation by there spouses (husbands) [7]. Opium is predominately used rural areas of western Rajasthan with a prevalence of almost 12% [6,7]. The present case highlights the gravity opiod dependence in this region. Agriculture is the main profession in rural areas of Rajasthan and the reason for use the opiates has usually been to relieve the fatigue of agricultural work in the harvest season [10,11]. Many such patients continue to take opiates for fairly long periods of time. Some started using substances due to health ailment as in this case. In his study Chaturvedi H. et al found mean age of initiation of opium use is 25.8 years in Northeast India [10]. According to Sachdeva et al use of poppy husk is doubled and opium is halved in recent past [12]. Scarcity of study on poppy /husk abuse further limits the treatment guidelines for post users which is a major substance abused by the residents of region. Tapentadol is an agonist of the μ -opioid receptor and as a norepinephrine reuptake inhibitor used for moderate to severe musculoskeletal pain [13]. She was treated successfully with Tapentadol and Clonidine. A long term follow up is required to know course and prognosis of these kind of rare cases.

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