

DRUGS THAT STIMULATE THE NERVOUS SYSTEM

DRUG GROUP	PRINCIPAL DRUGS	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS
	Scientific Names Trade,slang etc					
AMPHETAMINES and amphetamine-like drugs	AMPHETAMINES Amphetamine sulphate Dexamphetamine (combination of the above)	Prescription Only Medicines. Controlled drugs.	Treatment of narcolepsy and hyperkinesia	Amphetamine sulphate powder sniffed. Pills and capsules, taken by mouth. Frequently injected.	Illicitly manufactured amphetamine sulphate commonly available on the illicit market, plus some pills and capsules produced for medical use. After cannabis, probably the most widely misused controlled drug.	Drugs that stimulate the nervous system increase alertness, diminish fatigue, delay sleep, increase ability to maintain vigilance or perform physical tasks over a long period, and elevate mood. Excepting tobacco, high doses can cause nervousness, anxiety and (with the exception of tobacco and caffeine) temporary paranoid psychosis.
	AMPHETAMINE-LIKE DRUGS Methylphenidate Diethylpropion					
COCAINE	Cocaine hydrochloride Cocaine freebase	Prescription Only Medicines. Controlled drugs.	Rarely prescribed. Local anaesthetic.	Cocaine hydrochloride powder sniffed, sometimes injected. Cocaine freebase smoked.	Illicitly manufactured imported powder available on the illicit market, but expensive; home-produced crack available in some areas.	Withdrawal effects include hunger and fatigue. Although unpleasant, these effects are practically never of the kind that might require medical assistance.
CAFFEINE	Caffeine	Unrestricted.	None	Swallowed as a beverage in confectionery, or in pills.	Freely available in beverages and foodstuffs taken regularly by the great majority of people in Britain.	
TOBACCO	TOBACCO (contains nicotine) Nicotiana tabacum Nicotiana rustica Nicotiana persica	Illegal to sell to children under 16. Otherwise unrestricted.	None	Smoked - and sniffed as snuff.	Widely available in shops. 38% of UK adults smoke.	
ANABOLIC STEROIDS	Anabolic steroids	Prescription Only Medicines.	Persistent anaemia. Protein build-up.	Swallowed as pills or injected.	Available in gyms, health clubs etc.	

DRUGS THAT ALTER PERCEPTUAL FUNCTION

DRUG GROUP	PRINCIPAL DRUGS	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS
	Scientific Names Trade,slang etc					
LSD and other synthetic hallucinogens	Lysergic acid diethylamide and lysergide Phencyclidine	LSD, 'acid' PCP, 'angel dust'	Controlled drugs; LSD not available for medical use.	None	Swallowed as variously formed, illicitly produced paper squares, pills, tablets, capsules etc.	Heightened appreciation of sensory experiences, perceptual distortions, feelings of dissociation, insight, elevation of mood. Sometimes anxiety or panic, occasionally severe. Relatively little physiological arousal or sedation, and minimal risk of physical dependence. With hallucinogens and hallucinogenic mushrooms, commonly pseudo-hallucinations. With cannabis, relaxation, drowsiness, talkativeness. With PCP, significant physiological effects including anaesthesia, sedation or stimulation, and relatively high probability of adverse physical and psychological effects.
HALLUCINOGENIC MUSHROOMS	Psilocybe semilanceata (contains psilocybin and psilocin)	Liberty Cap 'magic mushrooms'	If prepared for use may be a controlled drug. Otherwise unrestricted.	None	Swallowed raw, cooked or brewed into a beverage, often after drying.	
	Amanita muscaria	Fly Agaric	Unrestricted.			
CANNABIS	CANNABIS SATIVA (contains tetrahydrocannabinol) Herbal cannabis	'POT', 'DOPE', 'BLOW' etc 'grass', 'marihuana', 'ganja', 'weed', 'the herb'	Controlled drugs; not available for medical use; illegal to allow premises be used for smoking cannabis.	None	Burnt and smoked by itself (herbal cannabis) or with tobacco. Sometimes eaten (resin).	
	Cannabis resin Cannabis oil	'hash', 'hashish'				
HALLUCINOGENIC AMPHETAMINES	Methylenedioxamphetamine and MDMA POM DOM MDA	'Ecstasy', 'E'	Controlled drugs; not available for medical use.	None	Swallowed as tablets or capsules.	With Ecstasy feelings of empathy with others at low doses; more amphetamine-like restlessness and anxiety at high doses.

DRUGS THAT DEPRESS THE NERVOUS SYSTEM

DRUG GROUP	PRINCIPAL DRUGS	LEGAL STATUS	RECOMMENDED MEDICAL USES	METHODS OF ADMINISTRATION	PREVALENCE & AVAILABILITY	EFFECTS	
	Scientific Names Trade, slang etc						
ALCOHOLIC BEVERAGES	Ethyl alcohol or ethanol	'BOOZE' etc Beers Wines Spirits Liqueurs	Can be bought by adults (18+) and drunk outside a pub/bar by children (5+). Need licence to sell.	None.	Swallowed as a beverage.	Available through over 170,000 licensed premises. Over 9 in 10 adults drink to some extent.	Depress the nervous system, relieve tension and anxiety, promote relaxation, impair the efficiency of mental and physical functioning and decrease self-control. In higher doses there can be 'drunken' behaviour, drowsiness, stupor, sleep/unconsciousness. With the exception of minor tranquillisers, these effects may be associated with positive feelings of pleasure. Tolerance develops with frequently repeated doses. In high doses there can be strong physical dependence to alcohol or hypnosedatives, less strong to minor tranquillisers, not at all to solvents or gases. Depressant effects may be dangerously augmented if more than one depressant drug is taken at a time, or if depressant drugs are taken with opiate-type drugs.
BARBITURATES AND OTHER HYPNOSEDATIVES	BARBITURATES Quinalbarbitone Amylobarbitone (combination of above) Pentobarbitone Butobarbitone	'DOWNERS' 'BARBS' & various slang terms derived from trade names or colour of pill/capsule Seconal Amytal Tuinal Nembutal Soneryl	Prescription Only Medicines. Controlled drugs.	Promote sleep in severe, intractable insomnia.	Swallowed as pills, capsules or elixirs. Injected.	Barbiturate pills and capsules produced for medical use are available on the illicit market.	
	NON-BARBITURATE SEDATIVES Chlormethiazole Chloral hydrate	Heminevrin 'Chloral'	Prescription Only Medicines.	Promote sleep in insomnia, sedation in the elderly.			
BENZODIAZEPINES	MINOR TRANQUILLISERS Diazepam Chlordiazepoxide Lorazepam Oxazepam	'TRANX' Valium Librium Ativan Serenid	Prescription Only Medicines. Controlled drugs but legal to possess without a prescription.	Relieve anxiety.	Swallowed as pills or capsules.	Most commonly prescribed drugs in Britain. Also available on the illicit market.	
	BENZODIAZEPINE HYPNOTICS Nitrazepam Flurazepam Triazolam Temazepam	SLEEPING PILLS Mogadon Dalmene Halcion Euphynas		Promote sleep in insomnia.			
SOLVENTS AND GASES	Toluene Acetone Butane Fluorocarbons Trichloroethylene Trichloroethane	Glue Glue Lighter fuel Aerosols Cleaning fluid Cleaning fluid	In UK illegal to sell knowingly for inhalation. In Scotland misusers may be taken into care.	None.	Vapours or gases inhaled through nose/mouth.	Widely available in shops, homes and places of work. Some 5-10% of secondary school pupils may have tried them.	
ALKYL NITRITES	Amyl Nitrate Butyl Nitrate	'Poppers' 'Rush' 'Locker Room'	Pharmacy medicine Unrestricted	None.	Vapours inhaled through nose/mouth.	Available in sex shops, clubs, bars etc	'Rushing' sensation and blood vessels dilate; enhanced sexual pleasure, possible headaches, vomiting and dermatitis.

DRUGS THAT REDUCE PAIN

OPiates, OPIOIDS, NARCOTIC ANALGESICS	Diacetylmorphine, diamorphine or heroin Dipipanone Methadone Buprenorphine Pethidine Dextromoramide Dextropropoxyphene Opium Morphine Codeine	'Junk', 'skag', 'H', 'smack' Diconal, 'dike', Physeptone, 'amps' 'linctus' Temgesic Pamergan, Pethilorfan Palfium Distalgesic Nepenthe, Gee's Linctus* Duromorph, Cyclimorph, kaoline & morphine * Actifed*, Phensedyl*, codeine linctus*	Prescription Only Medicines. Controlled drugs. Prescription Only Medicines, except in the form of some very dilute mixtures (*) available without prescription from pharmacies. Controlled drugs, but (*) legal to possess without a prescription.	Pain relief, cough suppression, anti-diarrhoea agents. Treatment of opiate dependence (methadone).	Heroin can be smoked, sniffed or injected. Most other opiate preparations can be injected or swallowed.	Illicitly produced and imported heroin is the most widely misused of this class of drugs. In many areas heroin is commonly available on the illicit market. Other opiates available from doctors or by theft. Perhaps 70,000 regular users.	Reduce sensitivity to and emotional reaction to pain, discomfort and anxiety. Feelings of warmth, contentment. Relatively little interference with mental or physical functioning. Higher doses, sedation, stupor, sleep/unconsciousness. Tolerance and physical dependence with frequently repeated doses. Depressant effects may be dangerously magnified if more than one opiate is taken at a time, or if opiates are taken with other depressant drugs.
---------------------------------------	--	--	--	--	---	---	--