



Date rape drugs -its effects and consequences

Aswathy J B¹

Psychologist, Fariya Counseling and Hypnotherapy centre

Address: Jonandharath House, Cherai P O, Ernakulam, Kerala, India

Author Note

Data were collected by searched articles online along with books to find out information regarding Rape, date rape drugs and its effect and consequences. Several statistics from various organization also used

Abstract

Rape is an unlawful sexual intercourse or any other sexual penetration of the vagina, anus, or mouth of another person, with or without force, by a sex organ, other body part, or foreign object, without the consent of the victim. Date-rape drugs are substances that make it easier for someone to rape or sexually assault another person. The most common date rape drugs -- also called "club drugs" -- are flunitrazepam (Rohypnol), also called roofies; gamma hydroxybutyric acid (GHB), also called liquid ecstasy; ketamine, and alcohol also. The objective of the study is to learn about date rape drugs – and its effects and consequences on victim. The result indicate that the person who's attacked by date rape drug might become confused, have trouble defending themselves, or not be able to remember what happened later. The usage of these drugs dangerously is increasing in youngsters all over the world.

Key words: Rape, Alcohol, Roofies, Gamma Hydroxybutyric acid, Ketamine

Rape, sometimes also called sexual assault, can happen to both men and women of any age. The U.S. Federal Bureau of Investigation (FBI) defines rape as: "The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim." Rape is forced and

unwanted. It's about power, not sex. A rapist uses actual force or violence — or the threat of it — to take control over another human being. Some rapists use drugs to take away a person's ability to fight back. Rape is a crime, whether the person committing it is a stranger, a date, an acquaintance, or a family member (Lyness, D, 2020) or rape, unlawful sexual activity, most often involving sexual intercourse, against the will of the victim through force or the threat of force or with an individual who is incapable of giving legal consent because of minor status, mental illness, mental deficiency, intoxication, unconsciousness, or deception. In many jurisdictions, the crime of rape has been subsumed under that of sexual assault. Rape was long considered to be caused by unbridled sexual desire, but it is now understood as a pathological assertion of power over a victim. Although rape can occur in same-sex intercourse, it is most often committed by a male against a female. There is also an increasing tendency to treat as rape an act of sexual intercourse by a husband with his wife against her will and to consider forced prostitution and sexual slavery as forms of rape. Rape is often explained or excused as a manifestation of racial, ethnic and class hatred or as stemming from a patriarchal system in which women are viewed as the property of men. Whatever its origins, rape is a serious crime and is treated as a felony in most countries with common-law systems. The psychological motivations of rapists are more complex than was formerly thought. They may include the desire to punish, to gain revenge, to cause pain, to prove sexual prowess, and to control through fear. The psychological reactions of victims of rape also vary but usually include feelings of shame, humiliation, confusion, fear, and rage. Victims often report a feeling of perpetual defilement, an inability to feel clean, an overwhelming sense of vulnerability, and a paralyzing feeling of lack of control over their lives. Many are haunted by fear of the place, in which the crime occurred, or of being followed, or of all sexual relationships. The age at which an individual may give effective consent to sexual intercourse is commonly set in most countries at between 14 and 18 years (though it is as low as 12 years in some countries). Sexual intercourse with a person below the age of consent is termed statutory rape. The rape of women by soldiers during wartime has occurred throughout history.

Section 375 of the Indian Penal Code defines rape as "sexual intercourse with a woman against her will, without her consent, by coercion, misrepresentation or fraud or at a time when she has been intoxicated or duped, or is of unsound mental health and in any case if she is under 18 years of age". It's rape if it falls under following categories: Against her will, Without her consent, With her consent, when her consent has been obtained by putting her or any person in whom she is interested in fear of death or of hurt, With her consent, when the man knows that he is not her husband, and that her consent is given because she believes that he is another man to whom she is or believes herself to be lawfully married, With her consent, when, at the time of giving such a consent, by reason of unsoundness of mind or intoxication or the administration by him personally or through another of any stupefying or unwholesome substance, she is unable to

understand the nature and consequences of that to which she gives consent, With or without her consent, when she is under sixteen years of age. Explanation: Penetration is sufficient to constitute the sexual intercourse necessary to the offence of rape. (Indian pineal code, section 375).

It is estimated that approximately 35% of women worldwide have experienced sexual harassment in their life, according to World Population Review data of "Rape Statistics by Country 2020". Some national studies show that up to 70 percent of women have experienced physical and/or sexual violence from an intimate partner in their lifetime, according to data of the United Nations. Less than 40% of women who experience sexual violence seek help and less than 10% seek assistance from law enforcement, according to data available on rape in most of the countries. South Africa has the highest rape rate in the world of 132.4. Some 66196 incidents in per 100,000 people. According to a survey conducted by the South African Medical Research Council, approximately one in four men surveyed admitted to committing rape, according to World Population Review data. According to Rape Statistics by Country 2022 The five countries with the highest rape rates are Botswana (92.93), Australia (91.92), Lesotho (82.68), South Africa (72.10) and Bermuda (67.29).

India has recorded an average 77 rape cases daily in 2020, National Crime Records Bureau's (NCRB) reported. Total 28,046 such incidents during the year 2020. As per the NCRB data, Rajasthan reported the highest number of rapes (5,310) in India in 2020, followed by Uttar Pradesh with 2,769 cases, Madhya Pradesh (2,339 cases), and Maharashtra (2,061 cases). Besides rape, there were 85,392 cases of assault to outrage modesty and 3,741 cases of attempt to commit rape, the NCRB data showed. (National Crime Records Bureau report 2020)

In many cases, in date- rape or gang rape or any other form, in India and outside the country all have one in common. The girl was given some water or soft drink to drink before the assault and after that she does not remember anything. Once caught, often the defense of the accused is that the girl was a party to the sexual act. The most commonly used drug in such cases is Roofies. However, the term "date rape drug" applies to any of the three drugs. GHB (gamma hydroxybutyric acid) can be made at home, used for narcolepsy in the US Rohypnol (flunitrazepam) is legal in Europe & Mexico used for sleep problems and during anesthesia and Ketamine (ketamine hydrochloride) used in the Veterinary practice. Although these drugs may cause a cloudy appearance when added to a drink, they typically have no color, smell, or taste, which may not be noticed in a dark bar or drink (U.S. Department of Health and Human Services, 2018). Within minutes, these drugs can cause dizziness, slurred speech, lack of muscle control, brady- or tachycardia,

confusion, sleepiness, dyspnea, loss of consciousness, or death (Vagianos, 2017). Perpetrators select these drugs because they are easily obtained, cause permanent memory loss for events while in effect, and are rapidly excreted

Method

PubMed, Scopus, Web of Science, Embase, PsycINFO, IndMed, and Google Scholar were searched along with books to find out information about drugs related to rapes. Different Statistical information published by various agencies also used for the present study.

Discussion

Date rape drugs are any type of drug or alcohol used to make rape or sexual assault easier. Drugs or alcohol can make a person confused about what is happening, less able to defend themselves against unwanted sexual contact, or unable to remember what happened. But the person who commits the crime might not be in a relationship, or on a date, with the victim. Someone who commits date rape can be someone you know well, someone you know through friends, or someone you just met. People who use date rape drugs or alcohol to commit sexual assault most often use alcohol alone or in combination with other drugs. (National Institute on Drug Abuse staff). Use alcohol as a way to make someone drunk and unable to consent, understand what is happening, or remember the assault. They may take advantage of someone who has already been drinking or pressure them to drink more than they might normally drink. They may also use drugs to increase the alcohol's effects. Drinking alcohol and taking drugs at the same time increases the risk of sexual assault. Using alcohol is sometimes linked to sexual assault because: The attacker was drinking. Research shows that up to 3 out of 4 attackers had been drinking alcohol when they sexually assaulted someone. The victim was drinking. Research also shows that about half of sexual assault victims had been drinking. However, this does not mean that drinking causes sexual assault or that the assault is the victim's fault. If one drunk or passed out she cannot give consent for sexual activity. Without consent, any sexual activity is illegal, no matter how much you had to drink, if you took drugs, or how old you are.

Someone could use any type of drug, including marijuana, cocaine, or prescription or over-the-counter drugs like antidepressants, tranquilizers, or sleeping aids to overpower a victim or make them not remember an assault

The most common date rape drugs -- also called "club drugs" -- are flunitrazepam (Rohypnol), also called roofies; gamma hydroxybutyric acid (GHB), also called liquid ecstasy; and ketamine, also called Special K. These drugs may

come as pills, liquids, or powders. These drugs can affect very quickly and cause victims to become weak, confused, and even pass out. Victim may not remember what happened while she was drugged. Date rape drugs can also cause seizures and even death. The club drug "ecstasy" (MDMA) has also been used to commit sexual assault. The three most common date rape drugs are Rohypnol (flunitrazepam), GHB (gamma hydroxybutyric acid), and ketamine.

Rohypnol (also known as roofies, forget-me-pill, and R-2) is a type of prescription pill known as a benzodiazepine—it's chemically similar to drugs such as Valium or Xanax, but unlike these drugs, it is not approved for medical use. It has no taste or smell and is sometimes colorless when dissolved in a drink. People who take it can feel very sleepy and confused and forget what happens after its effects kick in. It can also cause weakness and trouble breathing, and can make it difficult for those who have taken it to move their body. The effects of Rohypnol can be felt within 30 minutes of being drugged and can last for several hours. To prevent misuse of Rohypnol, the manufacturer recently changed the pill to look like an oblong olive green tablet with a speckled blue core. When dissolved in light-colored drinks, the new pills dye the liquid blue and alert people that their drink has been tampered with. Unfortunately, generic versions of Rohypnol may not contain the blue dye.

GHB (also known as cherry meth, scoop, and goop) is a type of drug that acts as a central nervous system depressant and is prescribed for the treatment of narcolepsy (a sleep disorder). It can cause a person to throw up; it can also slow their heart rate and make it hard to breathe. At high doses, it can result in a coma or death. It's a tasteless, odorless drug that can be a powder or liquid. It's colorless when dissolved in a drink. Mixing it with alcohol makes these effects worse. GHB can take effect in 15 to 30 minutes, and the effects may last for 3 to 6 hours.

Ketamine (also known as cat valium, k-hole, and purple) is a dissociative anesthetic. That means it distorts perceptions of sight and sound, and makes a person feel detached from their environment and themselves. It also reduces pain and overall feeling. Like other anesthetic drugs, it's used during surgical procedures in both humans and animals. It's a tasteless, odorless drug that can be a powder or liquid. It can cause hallucinations and make people feel totally out of it. It can also increase heartbeat, raise blood pressure, and cause nausea. The effects of ketamine may last for 30 to 60 minutes (National Institute of drug abuse).

It's important to remember that all these drugs affect how well our mind and body operate. In fact, alcohol is linked to far more date rapes than the drugs. And nearly all drugs of abuse make people vulnerable to being taken advantage of—by impairing their judgment, reducing their reaction time, and clouding their thinking. Date rape drugs or too much alcohol can make one: Dizzy, Have problems talking or slurred speech, Have trouble moving or controlling

your muscles Feel nauseous or vomit, Have a very slow or very fast heartbeat, Sleepy, Confused Have trouble breathing, Pass out, Drugs and alcohol can cause problems thinking, making decisions, and remembering what happened.

The National Intimate Partner and Sexual Violence Survey (NISVS) found that more than 11 million women have experienced alcohol or drug-facilitated sexual assault (DFSA) during their lifetime (Breiding et al., 2014). A study done by Girard, A. L., & Senn, C. Y., 2008 find out that women's voluntary consumption of drugs prior to a sexual assault reduced perpetrator responsibility and blame and increased blame to the victim compared to other situations. There is a strong association between heavy episodic drinking and sexual victimization among young women (Testa, M., & Livingston, J. A., 2009).



Conclusion

The use of “date rape drugs” is common in India. It was very much common in European countries already. These drugs are commonly used in youth in parties to exploit young females for drug-facilitated sexual assault. The three most common date rape drugs are Rohypnol (flunitrazepam), GHB (gamma hydroxybutyric acid), and ketamine. Other drugs include things like alcohol, marijuana or other street drugs, designer or club drugs like ecstasy, over-the-counter sleeping pills and anti-histamines, even cold medications. It is often colorless and odorless so the victim finds it difficult to identify its presence. All that we can do is be conscious about ourselves, and the situation, take precaution, and avoid drugs particularly.



Reference

- Barstow, A. L. (2021, October 29). Rape. Encyclopedia Britannica. <https://www.britannica.com/topic/rape-crime>
- Breiding, M. J., Smith, S. G., Basile, K. C., Walters, M. L., Chen, J., Merrick, M. T. (2014). Prevalence and characteristics of sexual violence, stalking, and intimate partner violence victimization—National Intimate Partner and Sexual Violence Survey, United States, 2011. *Morbidity and Mortality Weekly Report*, 63(SS08).
- Date rapes drugs. Medicine net
- Girard, A. L., & Senn, C. Y. (2008). The Role of the New “Date Rape Drugs” in Attributions About Date Rape. *Journal of Interpersonal Violence*, 23(1), 3–20. <https://doi.org/10.1177/0886260507307648>
- National Institute on Drug Abuse staff
- Lyness, D. (2020). Rape. Teen Health

National Crime Records Bureau report (2020)

Rape, Abuse & Incest National Network (RAINN) staff

Rape Statistics by Country 2022, United Nations

Riviello, R. Professor, Department of Emergency Medicine, Director, Forensic Emergency Medicine, Drexel University College of Medicine

Tabachnick, C. (2015). The scary future of date rape drugs and why their perpetrators are so hard to bring to justice. <https://www.marieclaire.com/culture/a16345/date-rape-prosecution/>

Testa, M., & Livingston, J. A. (2009). Alcohol consumption and women's vulnerability to sexual victimization: can reducing women's drinking prevent rape?. *Substance use & misuse*, 44(9-10), 1349–1376. <https://doi.org/10.1080/10826080902961468>

U.S. Department of Health and Human Services . (2018). Date rape drugs. <https://www.womenshealth.gov/a-z-topics/date-rape-drugs>

Vagianos, A. (2017). 30 alarming statistics that show the reality of sexual violence in America. https://www.huffingtonpost.in/entry/sexual-assault-statistics_n_58e24c14e4b0c777f788d24f?ri18n=true

What is section 375. Bussiness standard

What Are Date Rape Drugs and How Do You Avoid Them? National institute of drug abuse

