



GHB: DATE RAPE DRUG

Street Names: Date rape drug, G, Liquid Ecstasy, Grievous Bodily Harm, Gina, Liquid X, Fantasy, and Georgia Home Boy. These names can change over time as new terms emerge.

GHB, short for gamma-hydroxybutyrate, is a central nervous system depressant that is commonly used as a recreational drug. It is also produced naturally in small amounts by the human body. GHB is typically found as a clear, odorless liquid but can also be a white powder or a tablet. While it has some limited medical uses, such as for narcolepsy treatment, it is primarily known for its recreational effects.

GHB gained popularity as a recreational drug in underground party scenes during the late 1980s and early 1990s. It was initially marketed as a dietary supplement and sold in health food stores. However, due to its potential for misuse and abuse, it was classified as a Schedule I controlled substance. Since then, its recreational use has remained prevalent but largely underground.

Physical Appearance of GHB

As mentioned earlier, GHB is commonly found as a clear, odorless liquid. However, it can also appear in other forms such as a white powder or tablet. When in liquid form, it is usually stored in small bottles or vials.

Common Packaging Methods

GHB is often packaged in small, discreet containers, such as miniature liquor bottles or plastic vials. Some people may also transfer it to more inconspicuous containers, such as water bottles, energy drink bottles, or even eye drop bottles. It's important to exercise caution when encountering unidentified liquids or substances, as GHB is potent and should only be consumed intentionally and under appropriate circumstances.

Short-term Physical Effects

When consumed, GHB can have several immediate physical effects. These can include relaxation, drowsiness, dizziness, decreased inhibitions, and an overall feeling of euphoria. It can also cause nausea, headaches, and increased libido. The effects typically onset within 15 minutes to an hour after ingestion and can last for several hours.

In addition to the physical effects, GHB can also influence an individual's psychological state. It is known to enhance sociability, promote feelings of emotional warmth and empathy, and reduce anxiety. However, higher doses or misuse can result in confusion, memory loss, impaired judgment, and even loss of consciousness. It is crucial to exercise caution and moderation when using GHB to minimize the potential for adverse effects.

Long-term Effects

Long-term use of GHB can have serious physical health risks. One of the main concerns is respiratory depression, where breathing becomes slow and shallow, potentially leading to hypoxia (oxygen deprivation) and even death. GHB can also cause seizures, which can result in severe injuries. Prolonged use of GHB may lead to liver and kidney damage, as well as cardiovascular issues such as irregular heart rhythms and increased blood pressure.

The use of GHB can have significant mental health implications. Regular consumption can lead to memory loss, confusion, and impaired cognitive function. Mood disorders such as depression and anxiety are also common among GHB users. Additionally, GHB can exacerbate underlying mental health conditions and increase the risk of developing substance-induced psychiatric disorders.

Signs and Symptoms of GHB Use

Identifying GHB use can be challenging, especially since it comes in liquid form and can be easily concealed. Physical signs may include drowsiness, difficulty standing or walking, loss of coordination, slurred speech, and nausea.

In addition to physical signs, there are behavioral and psychological indicators to watch out for. GHB use may cause euphoria, increased sociability, and a desire for physical touch. Users may also experience confusion, dizziness, and disorientation. Sudden changes in mood, memory lapses, and impaired judgment are common psychological symptoms of GHB use.

GHB overdose is a real and serious danger. The narrow margin between the desired effects and an overdose makes it easy to accidentally take too much. An overdose can lead to unconsciousness, coma, and, in the worst cases, death. Furthermore, GHB can depress the central nervous system, slowing down breathing and potentially causing respiratory distress or failure.

GHB is often associated with cases of sexual assault due to its ability to incapacitate individuals. The sedative effects of GHB can leave users vulnerable and unable to give proper consent or defend themselves against unwanted advances. It is essential to be aware of the potential risks and ensure personal safety in social situations involving substances.

Interaction with Other Substances

Combining GHB with other substances, particularly alcohol or sedatives, can have severe consequences. The depressant effects of GHB can intensify when mixed with other substances that have similar properties, potentially resulting in dangerous respiratory depression, unconsciousness, or overdose. Combining substances increases the risk of accidents, injuries, and life-threatening situations.