



WHOONGA ALSO CALLED NYAOPE

1. What is Whoonga or Nyaope?

Whoonga (also called Nyaope) is one of the cheapest, most widespread, and dangerous addictive substances in South Africa. Nyaope and whoonga have become the common street slang for the concoctions of substances (like rat poison, household detergents, ammonia, chlorine, ARVs, brown heroin, tik and dagga) used in its manufacture.

4. Short Term Effects

Whoonga's high can last a few hours and typically wear off in a 6–24-hour timeframe. Upon use, feelings of euphoria and relaxation can be experienced but this is short-lived and followed by harrowing after effects. When the high wears off withdrawal symptoms such as severe stomach cramps, back ache, sweating, chills, anxiety, aggression, restlessness, depression, nausea, and diarrhoea can be experienced.



2. A Lethal Concoction

The ingredients comprising whoonga vary, some ingredients are a mixture of anti-retroviral drugs, pool cleaner, milk powder, bicarbonate of soda and milk powder. Typically, whoonga has cannabis as a prominent component, but this is mixed with crystal meth, heroin and other drugs. This contributes to its high addictiveness, which leads to criminality by users who need money to finance their purchases, as well as gang-related "turf wars".

5. Long Term Effects

The most common long-term effects are scarred, collapsed, and infected veins, damaged heart valves, abscesses and other tissue infections, liver failure, kidney disease and lung problems. Sharing of needles result in hepatitis, AIDS and other transmitted diseases. Mental defects and psychoses are common. Different combinations can lead to erratic outcomes and even death.

3. How is Whoonga used?

Nyaope is usually consumed by rolling it with tobacco and cannabis into a joint for smoking. In powdery form, it can also be snorted. A more recent development, is the use of a process known as "bluetoothing". This is achieved by one addict sharing (or selling) their blood to another addict, by means of a minor blood transfusion. A syringe is used for extracting "laden" blood from one user and then injecting it into another user. Nyaope is powerfully addictive; one hit is enough to get hooked.

6. Treatment for Whoonga/ Nyaope

As with most drugs, whoonga may first be taken as an 'escape' – emotional problems, underlying issues, stress. No one starts off wanting to become an addict, however, addiction is a slippery slope and once you're caught in it, it is extremely difficult to get out of.

As with all addictions, this one can be treated, but the addict may have to be medically screened to determine the main addiction (usually cannabis and heroin). The appropriate withdrawal treatment can then be administered. The underlying reasons for the addiction are determined by therapeutic means and the applicable therapy is then formulated to set the addict on a new road to self-fulfilment and a better life.

If you, or someone you know, needs advice about this drug, please feel free to call us

ADIC ALCOHOL AND DRUG INTERVENTION CENTRE

**Cell No: 071 418 4488
Email: Info@adic.co.za**

**443 Jabu Ndlovu (Loop) Street,
Pietermaritzburg, 3201**