



LEAN (INCIKA)

WHAT IS LEAN DRINK?

Lean, also known as Incika or Purple Drank, is a concoction that contains a mix of codeine and the antihistamine promethazine combined with soda, cough syrup, candy, and in some cases, xanax and/or alcohol. Lean is highly addictive and comes with serious health effects, including respiratory depression, overdose, and in some cases, death.

WHAT DOES LEAN FEEL LIKE?

When consuming lean, users often report feeling mild euphoria, relaxation, sleepiness, or like they're experiencing a dream-like state. They also may feel dissociated from their body, causing difficulty with motor-skills. By acting on a person's central nervous system, lean slows down brain activity and causes sedative effects.

WHAT DOES LEAN FEEL LIKE?

The main ingredients in lean, codeine, increase the levels of dopamine in the brain and can cause a person to feel rewarded for drinking lean, which can quickly lead to addiction.

Users who consume codeine frequently can build up a tolerance and begin to drink larger amounts of lean. This can lead to physical dependence on the drug and a higher risk of overdose. When the body becomes dependent on codeine, a number of uncomfortable physical and psychological withdrawal symptoms can occur if use stops.

Feelings of euphoria, physical dependence, withdrawal symptoms, and social pressure work together to make it difficult or even dangerous for an individual to quit using lean. It's important to seek professional help if you or a loved one are struggling with addiction to lean drink.

ALCOHOL AND DRUG INTERVENTION CENTRE - ADIC

Contact Details: 071 418 4488 | info@adic.co.za | 443 Jabu Ndlovu (Loop) Street, PMB, 3201