

DRUGS & ADDICTION IN 5TH ED. D&D

In the world of Dungeons and Dragons, players may come across as many unsavoury and illicit substances as there are in the real world, perhaps even more so due to the fantastical element of magic. At the time of writing, no published books (and very few homebrew creations) cover rules or sample narcotics for this element of gameplay, which is what this document intends to do. Note that these rules were written for the 5th Edition Eberron setting, as seen in the sample drugs & their origins, but these rules can be applied to any 5th Edition D&D setting, so long as the sample narcotics are excluded or modified to have a place in the world.

Whenever a creature takes a drug, on top of the drug's effects, they must make a Wisdom saving throw, applying their normal proficiencies & bonuses. This Wisdom save will be referred to as an "Addiction Save". On a failed save, their "addiction level" will increase, these levels and their effects are described in a later section. On a successful save, their addiction level does not change. The DC of the Addiction Save is different for each addiction level. Users will also take a penalty to this save depending on the addictiveness of the drug, the "Addiction Modifier" line for each drug.

Once a creature has become addicted, they are forced to take a dose of the drug at a certain frequency, depending on the addiction level. If they do not, they must make a Constitution saving throw, (referred to as a "Withdrawal Save"), also applying the drug's addiction modifier. On a failed save, they suffer serious withdrawal symptoms, different for each addiction level. On a successful save, they take less severe withdrawal symptoms, & their addiction level is reduced. The Withdrawal Save and symptoms come into action at the end of the user's next long rest. The symptoms, unless otherwise mentioned, last until the user takes the drug again, even if long or short rests would restore the user normally, for example, a point of exhaustion.

ADDICTION LEVELS

Whenever a creature takes a drug, they have a chance to slip into an addiction, determined via the Addiction Save. This addiction forces the user to take the drug once every so often, lest they risk suffering withdrawal symptoms via a Withdrawal Save. These symptoms come into action at the end of the user's next long rest. A table below succinctly summarises the 5 proposed levels of addiction: Minor, Mild, Moderate, Severe, & Extreme.

This table states the DC for the Addiction Save to enter the level of addiction, the Withdrawal Save DC required to leave it, and the frequency of dosage. Remember, unless otherwise mentioned, the conditions caused by Withdrawal Symptoms can only be removed by taking the drug, or by magical means, even if the penalty can normally be removed by resting. For example, a point of exhaustion, or the loss of hit die. Since Extreme is the highest level of addiction, an Extreme addict does not need to make Addiction Saves when taking the drug.

ADDICTION LEVELS

Level	Save DC	Frequency
Minor	4	7 Days
Mild	6	5 Days
Moderate	10	3 Days
Severe	12	2 Days
Extreme	16	1 Day

Addictions can be more easily treated via magic. An addict can be completely cured of all current withdrawal symptoms, and addiction levels by the spell *Heal*, or other similar effects. *Greater Restoration* cures an addict can also be cured of all current withdrawal symptoms, and removes two addiction levels, whilst *Lesser Restoration* removes current withdrawal symptoms, and one addiction level. A substance addiction can also be detected by *Detect Poison and Disease*.



MINOR ADDICTION

A user may not even realise that they have a minor level addiction. The consequences are slight, and the user is only required to take the drug infrequently.

Withdrawal Save Fail: At end of next long rest: The user takes 2d6 poison damage.

Withdrawal Save Success: Addiction level is reduced by one.

MILD ADDICTION

At the lower end of the addiction spectrum, the user is only required to take the drug infrequently, and suffers far less severe withdrawal symptoms. Mild addicts seem and act normal to the rest of society.

Withdrawal Save Fail: At end of next long rest: The user takes 3d6 poison damage, and they lose half their hit die.

Withdrawal Save Success: At end of next long rest: The user takes half 3d6 poison damage, and their addiction level is reduced by one.

MODERATE ADDICTION

In the moderate level, the user is required to take the drug more frequently, and will take more severe withdrawal symptoms if they do not. The addict is slightly erratic in their mannerisms and body language.

Withdrawal Save Fail: At end of next long rest: The user takes 4d6 poison damage, they lose half their hit die, and take a point of exhaustion. They also are unable to gain temporary hit points, and their hit die, when

used during a short rest, only restore half the usual amount.

Withdrawal Save Success: At the end of next long rest: The user takes half 4d6 poison damage, they lose half their hit die until the next long rest, and their addiction level is reduced by one.

SEVERE ADDICTION

In the severe level, the user is required to take the drug frequently, and will take harsh Withdrawal Symptoms if they do not. The addict is becoming increasingly erratic in their ideals and body language.

Withdrawal Save Fail: At end of next long rest: The user takes 5d6 poison damage, they lose half their hit die, and take 2 points of exhaustion. They also are unable to gain temporary hit points, and their hit die when used during a short rest only restore half the usual amount. In addition, they will not regain hit points after a long rest, and are unable to take reactions.

Withdrawal Save Success: At end of next long rest: The user takes half 5d6 poison damage, they lose half their hit die until the next long rest. They also take a point of normal exhaustion. Their addiction level is reduced by one.

EXTREME ADDICTION

With an extreme addiction to a substance, the addict's need for this substance is taking control of their day to day life. The user's personality and goals are shaped by their ability to obtain and continue taking this drug.

Withdrawal Save Fail: At end of next long rest: The user takes 6d6 poison damage, they lose all of their hit die, and take 3 points of exhaustion. They also are unable to gain hit points in any non-magical form, (this includes resting), and they are limited to either their action or bonus action on their turn, and cannot take reactions.

Withdrawal Save Success: At end of next long rest: At end of next long rest: The user takes half 6d6 poison damage, they lose half their hit die until the next long rest. They also take 2 points of normal exhaustion. Their addiction level is reduced by one.

MULTIPLE SUBSTANCE ADDICTIONS

For every substance for which a creature has an addiction, treat each addiction and withdrawal symptom as a separate disease. This means that multiple addictions' withdrawal symptoms affect the user independently, and can be deadly if multiple withdrawal symptoms are accrued.

SAMPLE NARCOTICS

DREAMLILY

This magical and fantastical drug is a liquid drunk like any other, but tastes and smells of the user's favourite beverage. Consuming it brings euphoria and a resistance to pain.

Type: Depressant

Effects: For an hour after taking, the user is immune to fear, and if they are reduced to 0 hit points without dying outright, they instead have 1 hit point.

Price: 5 gp per dose. 50gp if sourced legally.

Addiction Modifier: -1

DRAGON'S BLOOD

Brought into Sharn, and indeed, the human nations as a whole by Daask, this is a potent & addictive stimulant. It enhances spellcasting abilities, and even gifts non-magical users with sorcerer spells.

Type: Stimulant

Effects: For the next hour, the user can use their action to cast a 1st level spell from the sorcerer's spell list. The user must roll on the Wild Magic Surge Table afterwards, and Charisma is the spellcasting ability for it. Once the spell is cast, the user loses this ability.

Price: 50 gp.

Addiction Modifier: -5

AETHER

A relatively new drug, Aether is a liquid stimulant with a nauseating smell of strong alcohol or other alchemical stench. Created by a new alchemical team from Boromar Clan, the process and ingredients are a closely guarded secret. The narcotic is taken via inhalation, and causes temporary lightheadedness, then a feeling of heightened awareness and energy.

Type: Stimulant

Effects: For 1d2 hours after taking, the user has advantage on all dexterity ability checks, and an extra 5ft of movement.

Price: 2 gp

Addiction Modifier: -3

RUST

Another new drug, rarely seen due to its price. The scarcity of the herbal ingredients, and the danger of the locale in which it grows are the main factors in its value. Harvested from the poisonous spores of a carnivorous plant from the continent of Xen'drik, mixed with various other alchemical stabilisers, this bright red powder is inhaled and gives a long lasting sensation of higher consciousness, and increased physical stamina.

Type: Stimulant

Effects: For 2d4 hours, the user gains +2 Intelligence & Dexterity, to a maximum of 22. It also gives an increase in max & current hit points equal to twice their level. After this period, the user takes 1 point of normal exhaustion.

Price: 500gp

Addiction Modifier: -6



TROUTPIPE

This strange variety of underwater plant can be found growing along the southern coast of Khorvaire, especially the Droaam shore. After being harvested, it is dried out and ground into fine flakes, which can be stuffed into pipes and smoked. Its name is derived from the fumes of the plant, which have a very pungent fish stench. It also has mild hallucinogenic properties. Users report anything from visions of beautiful mermaids, to mind-altering states of consciousness.

Type: Hallucinogenic

Effects: For 1d2 hours, a random ability score is increased by 2 and another is reduced by 2, to a maximum of 22. When in combat, at the start of every turn, roll a d20. If that roll is less than 6, the DM takes control of the user for the turn.

Price: 10gp

Addiction Modifier: -1

QUORI TEA

This dark, foul smelling liquid is rumored to have materials hailing from the home of the Quori spirits, the plane of Dal Quor. This is nonsense, of course, but the ingredients are exotic. They're a mixture of herbs and roots from a certain corner of Sarlona, which were originally used in Kalashtar rituals. These ingredients have been taken and distilled down to a strong spirit, and other synthesised alchemical components added to create this drug. Due to the disgusting flavour of the liquid, some users find it easier to take via inhalation. The drug makes time appear to slow down for the user, allowing them to think clearer and react faster.

Type: Depressant

Effects: For 1d3 hours, the user gains proficiency on all Intelligence based skills (they do not get other bonuses on skills that they are already proficient or half proficient in), and they are aware of any psionic powers or users within 60 ft. of them.

Price: 75gp

Addiction Modifier: -2

MOONLIGHT

This silver & shimmering liquid was alchemically and magically created as a means to administer pain relief or sedation to medical patients. The drug slows the brain down & dulls its senses. A few drops will relieve the user of pain, and give a warm numbing feeling on the extremities. Many drops induce severe drowsiness and slowness of mind. A small sip will induce sleep, memory loss, and potential nerve damage. Half a mouthful will result in a quick, numbing death.

Type: Depressant

Effects: For a small dose, for 1d3 hours, the user has disadvantage on Intelligence skill checks & saving throws, but has resistance to slashing damage.

A moderate dose will give the previous effects for 1d3 hours, along with resistance to piercing & bludgeoning damage, disadvantage on Dexterity checks & saves, & the user's speed is halved.

A large dose forces the user into a long rest - lasting 8 hours, & unable to be woken by non-magical means. They will have no memory of the 1 hour prior to taking the drug, and will have trouble remembering anything in the past 24 hours. In addition, there is a 10% chance that the user has their Dexterity score reduced by 2 permanently, until cured with *Greater Restoration*.

An overdose results in a quick but gentle sleep, and 1 hour in, death.

Price: 60gp for one small, illegally procured recreational dose.

Addiction Modifier: -2



CAT

A thin, pale white solution, this drug makes the user feel as if they're an animal of the night. Many users report feeling like the all too familiar feline companion, and the name stuck. However, this hallucinogen actually is able to give the impression that the user is any animal at all. The elaborate procedure needed to create the drug means that only a select few alchemists can, and those that can charge a high premium.

Type: Hallucinogen

Effects: For 1d3 hours after taking, the user gains darkvision. If they already have a racial (not magical) darkvision ability, they gain superior darkvision. (120ft.) They also imagine themselves as a size smaller than they actually are, allowing them to squeeze without any penalty to movement, and gain +10 ft. of movement. In addition, their unarmed strikes do 1d6 + Strength modifier damage.

Price: 100gp

Addiction Modifier: -3

AGONY

A bluish liquid distilled from the milk of wolves and a powdered desert plant. Agony is known to cause a pleasant state of euphoria, which, along with its relatively cheap price, makes it rather popular. Addicts are easily spotted by the permanent blue stains on their lips.

Type: Depressant

Effects: For 1 hour the user gains resistance to non-magical bludgeoning and slashing damage, but have disadvantage on initiative rolls. Until the end of their next long rest, they also have disadvantage on all wisdom ability checks and saving throws.

Price: 30 gp

Addiction Modifier: -4

SPICE

This purple powder is harvested naturally from a wild tropical plant. It is crushed and distilled with various alchemical substances before being dried and sold. The drug stimulates the user and causes a heightened state of fury and aggression. It is highly addictive and takes a severe toll on the body after use.

Type: Stimulant

Effects: For 1 hour, the user gains +1 to attack rolls, and their attacks deal extra damage equal to their proficiency modifier. After this hour, the user's hit point maximum is halved until they finish a long rest.

Price: 60 gp

Addiction Modifier: -5

CAFFEINE

The opaque brown/black liquid, called "Caffeine" by its inventor, renowned artificer and adventurer Benji Beren, has had its ingredients and method kept secret since its creation. What is known about it is its incredibly restorative properties, and bitter, acrid taste. It restores physical and magical energy like no other substance, but exhausts the user not long after, and has slightly addictive properties.

Type: Stimulant

Effects: The drinker gains the benefits of a long rest without having to take one, but suffers 2 points of exhaustion 1 hour after consumption. They are not considered to have completed a long rest for the purpose of resetting unique abilities, and these points of exhaustion can only be removed after completing long rests.

Price: ?? gp

Addiction Modifier: -1

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