



Vulgar Rai songs as another categorisation of digital drugs

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Abstract:

The discourse surrounding digital drugs has become a topic of considerable interest, despite its relatively old origins. Modern technological developments remain among the primary reasons for the proliferation of digital drugs and the evolution of their types and characteristics. Digital drugs share similar effects with traditional drugs but differ in their ease of access and their capacity to alter mood. They encompass a range of phenomena, from vibrational frequencies that influence brain function to the attachment to modern technological tools such as social media and video games.

On the other hand, vulgar Rai songs — with their inflammatory lyrics promoting debauchery, immorality, and homosexual relations — directly affect the consciousness of Algerian youth and shape their perception of reality. As an intangible virtual world, these songs exert a profound and immediate impact on their lives.

This situation prompts us to explore the concept of digital drugs more deeply, investigating their mechanisms of influence and their harmful effects on the brain, while drawing parallels with Algerian Rai songs. Our aim is to propose their classification as a form of digital drug that poses risks to mental and psychological health, warranting both monitoring and legislative action.

Algerian youth are not immune to this digital phenomenon, which compels us to examine its manifestations within Algerian society.

Keywords: Digital drugs; vulgar Rai songs; inflammatory lyrics; Algerian youth

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1. INTRODUCTION

1. Classical drugs are widely recognised within society as a social, moral, and economic issue, leading to major consequences that extend from the individual addict to the entire community.

In contrast, the discourse surrounding digital drugs is both old and new. It is linked to their availability on the Internet, the perceived cleanliness of their use, their ease of access, and their impact on brain functions. Digital drugs have become a global trend; however, while their use in Algeria appears to be declining, there remains a hidden impact that we explore in this study.

Given that digital drugs are invisible and intangible, we argue that vulgar Rai songs can similarly be considered a form of digital drug, as they directly influence the awareness of Algerian youth. These songs promote drug consumption as a means of escaping reality, encourage various forms of prohibited immorality, and even incite illegal immigration.

Based on these observations, the central question guiding our research is:

Can vulgar Rai songs be categorised as a form of digital drug affecting Algerian youth?

2. Conceptual Framework of the Study's Terminology

2.1 Classical Drugs:

Classical drugs are substances that can lead to a state of complete or near-complete loss of consciousness and induce a delusional condition affecting the nervous system. While they may have legitimate medical or industrial applications, their misuse results in physical and social harm to the individual. Addiction to these substances can cause a range of mental disorders, including hallucinations, distorted sensory perceptions, self-sensitivity disorders, significant emotional disturbances, and memory impairments.

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2.2 Digital Drugs

1. An Overview of Digital Drugs:

The use of music and sound effects in psychotherapy dates back to ancient times, with the Egyptian Pharaoh's physician, Imhotep, credited as one of the earliest practitioners of music therapy. Around 2850 BC, Imhotep is believed to have been the first to employ music as a therapeutic tool, establishing the first medical institute in history dedicated to treatment through musical vibrations.

In 1893, the German scientist Heinrich Wilhelm Dove discovered the technique of double tapping, in which frequencies are introduced to each ear, with one ear being weaker than the other. When converging frequencies are presented, the weaker ear is stimulated, which, in turn, activates and awakens the mind. Based on this, psychiatric patients were offered calming tones at either high or low frequencies, depending on the desired outcome. This technique was used to either relax the patient and isolate them



from reality or to stimulate them, particularly in cases where hormone deficiencies occurred due to certain brain surgeries. (yousef, 2021, p. 154)

2. Definition of Digital Drugs:

Digital drugs refer to audio files containing mono or binaural tones, which, when listened to, cause the brain to become unstable and numb, similar to the effects of hard drugs. These audio files are designed to simulate the hallucinations and euphoric states associated with substance abuse by unconsciously affecting the mind through sound waves, often referred to as **white noise**, which is typically accompanied by simple rhythms to mask the noise of the waves (halim, 2019, p. 83)The key characteristics of digital drugs are:

- Transparent and invisible.
- It employs a specific technique involving sound or musical effects designed to attract the listener and capture their mind and emotions through the repetition of tones at a specific level.
- It is easily accessible, as these audio files are available on websites and YouTube channels.

2.3 Types of Digital Drugs:

a. Technological Drugs:

Digital technological addiction is defined as the inability to control the use of digital devices, leading to excessive time spent online and influencing behavior. It is characterized by an obsession with technology, resulting in compulsive daily use of mobile phones, video games, and other digital platforms such as social media (Facebook, Instagram, Snapchat, X platform). Individuals addicted to digital technology, particularly social media, experience a chronic attachment to the latest trends, frequently checking likes or comments. This addiction makes it difficult for them to separate from their phones, even for short periods, whether they are dining out, going on holiday, or performing daily tasks.

b. Audio or Audio Digital Drugs:

Various types of soundtracks have been developed to mimic the effects of narcotic substances, as well as other tracks that provide users with a sense of comfort and relaxation. Additional types of digital drugs have emerged, with effects similar to those of cocaine, heroin, and marijuana, as outlined below:

- **Alcohol Waves:** These tracks aim to induce a calming and relaxing effect similar to that produced by alcohol consumption.
- **Opium Waves:** These digital drug tracks work to create a state of euphoria and happiness for the user, in addition to a sense of drowsiness, simulating the effects of opium.
- **Marijuana Waves:** Marijuana waves are designed to calm the body and induce the feeling experienced by marijuana users, leading to a state of euphoria and tranquility (news, 2023)
- **Cocaine Waves:** This is one of the most well-known types of digital drugs. It is a



soundtrack that contains tones designed to stimulate the nervous system, producing the same sensation experienced by cocaine users. It generates a state of heightened energy and intense activity.

- Sex Waves: These tracks aim to induce feelings similar to those experienced during sexual intercourse, including the sensation of orgasm.

There are also types of digital drugs with no direct analogue in traditional substances. Some of the most famous include *Weight Loss Waves*, *Gates of Hell*, *Pleasure in the Sky*, and others. These digital drugs raise concerns about their potential to spread and cause significant harm to society, particularly among the youth.

3. Mechanism of Action of Digital Drugs:

Modern science has proven that the vibrations of music directly affect the nervous system, with each vibration—or combination of vibrations—impacting specific parts of the brain, particularly targeting certain nerves. This can numb the nerves to a degree that induces relaxation and summons the body's will to overcome sources of pain. Subsequently, the body activates natural antibodies and internal secretions that support the immune system and help address the source and location of disease.

Digital drugs operate through a specific mechanism and produce effects similar to those of traditional drugs, causing the brain to enter a state of dominance and absence (i.e., mental disconnection). Digital drugs consist of audio and visual files designed with precise shapes, colours, and movements, carefully studied to deceive the brain. These effects are transmitted through frequencies that pass through the ears, differing between the right and left ear. As a result, the brain attempts to harmonise these frequencies to reach a unified level, creating the sensation of a third, imaginary sound. This phenomenon leads the brain into an unnatural state of perception.

These frequencies operate as follows: two different frequencies are introduced— for example, 530 Hz to the right ear and 520 Hz to the left ear— causing the listener to perceive a third tone. This phenomenon is referred to as the "third sound" or "phantom sound." It leads to an increase in heart rate due to the frequency disparity, resulting in physiological changes and causing the body to become unbalanced.

These waves are specifically designed to generate electromagnetic fields that induce feelings of happiness and euphoria. They also enhance visualisation and imagination skills. However, when an individual attempts to stop using them, they may experience a loss of psychological and neurological balance, indicating a state of addiction.

These audio files, according to their creators, are capable of simulating altered states of consciousness by influencing brain waves known as alpha, beta, and delta waves through a phenomenon called binaural beats. The effect of binaural beats was first discovered by Heinrich Wilhelm Dove in 1839. These tones gained widespread popularity towards the end of the twentieth century, as binaural beats were increasingly used in research related to auditory perception, sleep cycle stages, anxiety treatment, and the stimulation of specific brainwave phases (such as the alpha and beta phases). They were also employed in alternative medicine to



assist listeners in achieving relaxation and meditation, as well as in the field of sound therapy through what is known as Solfeggio Frequency Therapy (salah, 2014)

These tones transmit different frequencies and sounds from one ear to the other. When these tones are heard without headphones, the listener perceives them as a single tone with slight oscillations. However, when using headphones, the two tones remain distinct, and the frequencies for each ear are perceived separately for a period of time. The brain immediately intervenes to resolve this difference in wave frequencies through a process known as synchronisation, whereby the brain waves align with the frequencies of the binaural auditory tones through a scientifically recognised phenomenon called the Frequency Following Response (FFR).

From a medical perspective, Dr. Tjiza emphasised that the human brain consists of the right and left hemispheres, each specialised in specific functions. When sound vibrations are projected onto the brain via the ears, the brain attempts to adjust these musical sound vibrations, due to the close relationship between what a person hears and sees and their conscious mind. He illustrated this with the example of followers of Sufi orders, who achieve states of unconsciousness and ecstasy through listening to certain types of music. Dr. Tjiza pointed out that there is a mechanism within the brain that responds to specific kinds of music, creating an illusion of attaining pleasure and euphoria.

It is worth noting that, for example, the Dred Hussein Public Clinic in the capital receives as many as five cases daily of addiction to this type of drug, in addition to other cases. These individuals often suffer from episodes of conflict, severe headaches, loss of both physical and psychological balance, and a tendency to live in isolation from society. (mohamed, 2015)

a. Sound Frequencies Affect the Mind and Body:

According to experts in alternative medicine who utilise binaural tone therapy, when two tones of differing frequencies are listened to—where the difference falls within a specific range measured in hertz (Hz)—a change in mood or energy can be induced in the listener. During meditation sessions, for example, a very relaxed state may occur when a tone of 140 Hz is broadcast in one ear and 145 Hz in the other. The listener's brain perceives the 5 Hz difference between the two tones and synchronises its brainwaves to this difference, resulting in deep relaxation, a state associated with beta brainwaves. Conversely, if the listener wishes to feel energised, they may listen to tones of 130 Hz and 150 Hz in each ear respectively. Here, the brain detects a 20 Hz difference and adjusts its brainwaves accordingly, leading to a sensation of heightened activity and energy, which is also linked to beta brainwave frequencies.

The developers of these websites utilise this technology and promote it under the name of "digital drugs." They assert that the binaural tone technology employed can influence brain function, resulting in multiple effects on the listener. Among these effects is the stimulation of the body to release certain chemical substances, such as serotonin and endorphins, which impact both the mind and body in a manner similar to the effects produced by actual narcotic drugs or antidepressants.

b. The Harms of Digital Drugs:

Despite the well-known dangers of traditional drugs, the emergence of a new category of



substances, namely digital drugs, presents a novel form of addiction and abuse that is just as perilous as hard drugs. The primary danger of digital drugs lies in their accessibility and ease of acquisition. These drugs, which are often in the form of music clips or sound tracks available on platforms like YouTube or various websites, can be ordered either for free or at relatively low prices, depending on the quality of the audio. This widespread availability encourages individuals to access them without much difficulty, and because they are not as heavily regulated or prosecuted, their harmful effects can easily go unnoticed.

Digital drugs, while seemingly benign because of their non-physical nature, have the potential to cause significant psychological and neurological damage, particularly among vulnerable populations such as youth. Their effects, though subtle, can lead to addiction, loss of cognitive control, and emotional imbalance, mirroring the impact of traditional substances in many ways.

Scientific and Social Harms of Digital Drugs:

Scientific experiments and intensive studies highlight the serious consequences of digital drugs, revealing that their use can lead to a range of harmful effects on both mental and physical health. Some of the most notable scientific findings include:

- **Decreased Memory Efficiency:** Digital drug use can result in a significant decline in memory performance, affecting cognitive function and the ability to retain information.
- **Neurological Seizures and Loss of Consciousness:** Individuals who engage in digital drug experimentation often experience seizures, and some may lose consciousness, showing neurological distress similar to that seen in traditional drug use.
- **Depression and Mental Deterioration:** Many users of digital drugs report feelings of depression, coupled with a sharp decline in mental abilities. There is also evidence of severe dysfunction in both the auditory and nervous systems.

From a **social perspective**, the rise of digital drugs is a serious threat to society's structure and stability. The spread of digital music as a form of "drug" has detrimental effects on both physical and mental health, contributing to the following issues:

- **Isolation and False Euphoria:** Digital drugs create a false sense of happiness or euphoria, which is ultimately unfulfilling and can lead to social isolation. People become detached from reality in search of a temporary escape, further alienating them from their surroundings.
- **Laziness and Lack of Effort:** Regular use of digital drugs fosters a sense of inactivity and laziness, which negatively impacts the individual's productivity and energy levels. This lack of motivation can significantly harm personal and professional development.
- **Psychological Dependence and Addiction:** One of the most dangerous consequences is psychological dependence, leading to addiction. As users become reliant on these digital substances for mood regulation, their mental health deteriorates, making it harder to break free from the cycle.
- **Physical Health Effects:** The use of contrasting frequencies can cause physical tremors, imbalance, and even convulsions. Additionally, the auditory system suffers significant damage due to prolonged exposure to these frequencies.
- **Loss of Mental Focus:** The constant exposure to disorienting frequencies results in a



mental fugue state, where users experience difficulty concentrating, leading to a general decrease in cognitive function and awareness.

Overall, the widespread use of digital drugs represents a significant social issue, as it affects not only the individual but also disrupts the broader social fabric. It creates a cycle of dependence and health degradation, which harms society as a whole.

4. The Reality of Digital Drugs in Algerian Society:

Professor Mohamed Tejza, head of the Department of Psychiatry at Dred Hussein Hospital in Algiers, highlighted the emergence of a new form of addiction in the 1980s, which included addiction to television, electronic games, the Internet, social networks, and digital drugs. He pointed out that individuals spend long hours engaging with these technologies, neglecting their work, health, and personal lives. Digital addiction often leads to a dual addiction, where individuals simultaneously suffer from traditional drug addiction and digital addiction. This dual addiction can have serious consequences, including epileptic seizures, as the brain's neurons are highly sensitive to such external influences.

From a medical perspective, Professor Tejza explained that the human brain consists of two lobes—right and left—which are specialized for different functions. When exposed to different sound frequencies, the brain attempts to adjust the musical sound vibrations. This is because there is a direct connection between what a person hears, sees, and their conscious mind. He further noted that certain types of music can trigger brain mechanisms that lead the person to believe they have reached a state of pleasure or euphoria, despite the fact that these experiences are artificially induced.

The addiction to digital drugs creates an artificial need for these external influences, which are not related to the body's natural requirements. This dependence on digital stimuli, rather than natural ones, can negatively impact individuals' psychological and physical health.

Professor Tejza warned about the increasing cases of addiction to digital drugs in Algeria, which is partly driven by the rapid technological development worldwide. He emphasized that educational institutions and the media bear the responsibility to raise awareness about the dangers of digital drug addiction. It is crucial to address this growing issue before it becomes a more widespread social and health crisis. .

The Algerian youth is not immune to the global wave of digital transformation and the overwhelming fascination with everything digital. The growing influence of audio, especially through digital platforms, makes young people vulnerable to various forms of addiction, both direct and indirect. Among these are digital drugs, which rely on sound frequencies to induce altered states of mind, and the impact of vulgar rai music, which is widespread in the country.

Rai music, in its more negative and vulgar forms, can promote harmful behaviors and attitudes, affecting the awareness and mindset of Algerian youth. It often spreads values and habits that do not align with positive cultural and social development, contributing to a disconnection from reality and a distorted sense of self-worth. The combination of digital drug exposure and the influence of such music creates an environment where youth are



susceptible to unhealthy coping mechanisms and emotional dependency on these digital and auditory stimuli.

The challenge for Algeria lies in addressing these issues by fostering awareness and providing healthier, more enriching digital experiences. This requires collaboration among parents, educators, and the media to counterbalance the negative influences and empower the younger generation to critically engage with the digital world.

5. Vulgar Rai songs as another type of digital drugs and their relationship to drug use, threatening the security and stability of Algerian society:

"A number of videos featuring young men and women dancing to Rai songs with a 'dancing' rhythm, whose lyrics promote various types of hallucinogens and psychotropic substances, homosexual relationships, incitement to illegal immigration, street riots, harassment, theft, and non-compliance with public law and societal principles, have been circulating on various social media platforms such as Facebook and TikTok. In these videos, young men and women are seen dancing to the tunes of some 'dancing' songs. This has sparked a widespread debate regarding the content of amendments included in the Penal Code related to the prevention and suppression of the illicit use and trafficking of narcotic drugs and psychotropic substances, as well as the illegal use and trafficking of these substances."

However, we must focus here on the content of Rai songs and the use of insults and slander. These songs are often recorded in nightclubs and other nightlife venues and contain explicit lyrics that openly promote various forms of drugs and hallucinogenic tablets. An example of this is the song "Jibouli Lirika." A video on TikTok shows a young girl dancing to this song, unaware that this behavior makes her subject to criminal prosecution and exposes her to a severe penalty of up to ten years of imprisonment" (yamina, 2022)

Some singers in nightclubs, discos, and even at weddings still perform songs that include phrases boasting about the use of various types of drugs and psychotropic substances, accompanied by dance rhythms that attract young people of both sexes. Their bodies sway to the tunes, often without realizing that their actions are illegal. Because of these dance rhythms, which resemble the patterns of digital drugs due to their repetitive nature and the ease with which they induce compliance, the lyrics promote phrases that reject reality and encourage escapism, such as the desire for immigration, drugs, and alcohol. This makes them appear as if they offer final solutions. Rai songs that boast about drugs and psychotropic substances are enthusiastically performed in nightclubs and discos, spreading strongly and circulating at various parties, weddings, and even in stadium stands among fans of all ages, including minors and adolescents.

There are passages in these songs that clearly incite illegal immigration, drug use, theft, and hostility toward the state, as we mentioned earlier. For example, one song says: "Let's sell zatla" (meaning let's sell drugs), and another says: "Let me kill my age with rocket (a type of concentrated drug), candy (a type of drug), and white (referring to cocaine)." The song, which the singer performs in clubs and at weddings, also includes an explicit call for clandestine immigration, as he says in one verse, "No service, no zadma, bouti (boat) and harga (immigration)," which translates to: "I have no job, and the solution is to ride the



boat of clandestine immigration.” This relates to incitement to drug consumption, illegal immigration, and the offense of public morals.

The frequent circulation of names of hallucinogenic substances makes them desirable: Psychologists warn of this phenomenon, which has a direct and dangerous impact on the minds of adolescents. Psychologist Hossam Zarman told Al-Shorouk that many of the rai songs that our youth listen to recently carry immoral hints and encourage delinquency. According to him, the majority of these singers "have no education, but they are seeking fame by any means, whether by impersonating fictitious characters or creating fake glory for themselves by broadcasting pornographic songs. Others are forced by producers to release such songs in search of profits, considering that everything prohibited is desirable."

"In previous years, most children and teenagers were mentally balanced and had goals and ambitions, but now a large segment of them are lost, thinking of dropping out of school or even harming themselves," he said.

He revealed that he receives cases in his clinic of children over 17 years old, addicted to hallucinogens, and others who do not hesitate to talk about drugs "to present a fake image of manhood in front of their classmates, pretending that they know everything about the world of drugs."

Because drugs are easily mentioned in songs without any deterrent, teenagers are easily influenced by this topic and are often motivated to try drug use, even though some of these substances are dangerous and mixed with heroin, which causes severe addiction. Some of them are so dangerous that they are mixed with heroin, leading to serious addiction among users. As doctors, we find it very difficult to treat those addicted to these substances, he said, adding that such children will eventually turn into criminals and aggressive individuals in society. He called on parents to monitor what their children listen to and watch on their mobile phones.

5.1 Rai TikTok in Algeria as a Digital Anaesthetic:

TikTok is an electronic application considered a social media platform, primarily based on sharing short videos with musical effects. The majority of its subscribers are teenagers and young people.

With the development of internet networks and the emergence of social networking applications such as Snapchat, TikTok, and Instagram, which go beyond communication to eliminate temporal, cultural, and ethnic differences, a massive openness to the "other" has been created. This is due to the reel clips, making it particularly popular among young people because of the fast pace of the clips and the entertainment derived from dancing and singing. It primarily offers entertainment content.

Addiction to these clips makes users easy to influence, especially when they are accompanied by fast rhythms and continuously repeated words. This repetition pushes the listener to imitate the behavior and disengage their mind and thinking.



5.2 Reasons for Its Spread in Algerian Society:

a. Weak Religious Conscience:

A person who listens to addictive music, whether songs or digital drugs, becomes an addict. This leads to a range of health, psychological, and physical issues, as they harm themselves by engaging in deviant and criminal behaviors that negatively impact their society. This is considered haram, as the addicted person distances themselves from their religion and Creator.

b. Bad Companions:

Companions often influence one another during stages of drug use, and an individual may consider themselves a pioneer for reaching a new stage or discovering a new type of drug, which they no longer feel the need to hide. At this point, their friends may want to try it out, and this becomes a form of group identity and belonging.

c. Emptiness and Isolation:

Emptiness is a psychological crisis that is difficult to control unless it is filled. Algerian youth suffer from a significant sense of emptiness due to the lack of entertainment facilities and a general lack of awareness. This drives them to isolate themselves and listen to any type of music that might bring disturbing vibrations to their nerves or contain lyrics promoting delinquency, crimes, and illegal immigration.

d. False Ideas About Digital Drugs:

Some people mistakenly believe that digital drugs bring joy and euphoria, but this is untrue. In fact, they lead to misery and unhappiness, as they cause alienation from family and negatively affect brain functions.

e. Easy Access to Digital Drugs from Promoted Websites:

Digital drugs are considered part of the virtual world and are almost always accessible and permissible without censorship. They are uncontrolled and difficult to prove or detect, making them an attractive and easily accessible option for many young people.

5.3. Recommendations and Suggestions

• Educating Families about the Dangers of the Internet:

It is essential to educate families about the dangers of the Internet. It has become much more than just a platform for video games and social media; it is now a space where violence and digital drugs are promoted. Families must protect their children from the dangers of these substances.

• Collaboration of Sociologists, Psychologists, and Technological Experts:

Sociologists, psychologists, and experts in the technological field must work together with the media to raise awareness about the dangers of digital drugs, thereby sensitizing Algerian society to this growing issue.

• Cybersecurity Research and Site Blocking:

There is a need to conduct research in the field of cybersecurity to block websites that



promote vulgar Rai songs with inflammatory lyrics across all social media platforms. This will help limit access to harmful content.

- **Enacting Strict Laws on Harmful Songs:**

It is crucial to implement strict laws against songs that incite debauchery, drug use, and theft. These laws should target vulgar content and prevent its spread across different platforms.

- **Conducting In-depth Scientific Studies:**

In-depth scientific studies and research should be conducted to better understand this phenomenon. Interviews with digital drug addicts would provide valuable insights into the causes and effects of digital drug use.

- **Intensifying Treatment for Digital Drug Addicts:**

There must be a focus on intensifying treatment programs for digital drug addicts. Efforts should be made to bring these individuals out of isolation, reconnect them with reality, and integrate them back into society.

6. CONCLUSION

Through this study, we have aimed to highlight a dangerous phenomenon: digital drugs in Algerian society. This phenomenon directly impacts Algerian youth, subjecting them to psychological, physical, and material pressures that affect their mental and physical capabilities. Digital drugs now pose a formidable challenge to traditional drugs, as they target the mind and nervous system, making them more effective, easier to use, and more capable of controlling the mind.

Vulgar Algerian Rai songs present an even fiercer competition than both traditional and digital drugs, due to their meanings and lyrics that incite immorality, debauchery, and criminal behavior. As such, it is crucial to implement legal and social measures to regulate and monitor Rai singers and their content, ensuring that harmful influences are kept in check.

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