



World No Tobacco Day

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Introduction

Tobacco is a plant that contains nicotine an addictive drug in it. Tobacco plants are indigenous to North and South America.

Impact of Tobacco on Students

Use of Tobacco can be called as slow poisoning. It keeps affecting a person's internal organs. This can be seen in students now a days. Most of the children are addicted towards it and are unaware about its affects. To make them aware about this and to stop them every year no Tobacco day is celebrated. Consuming tobacco cannot be stopped at once as it contains nicotine in it and makes a person addictive towards it.

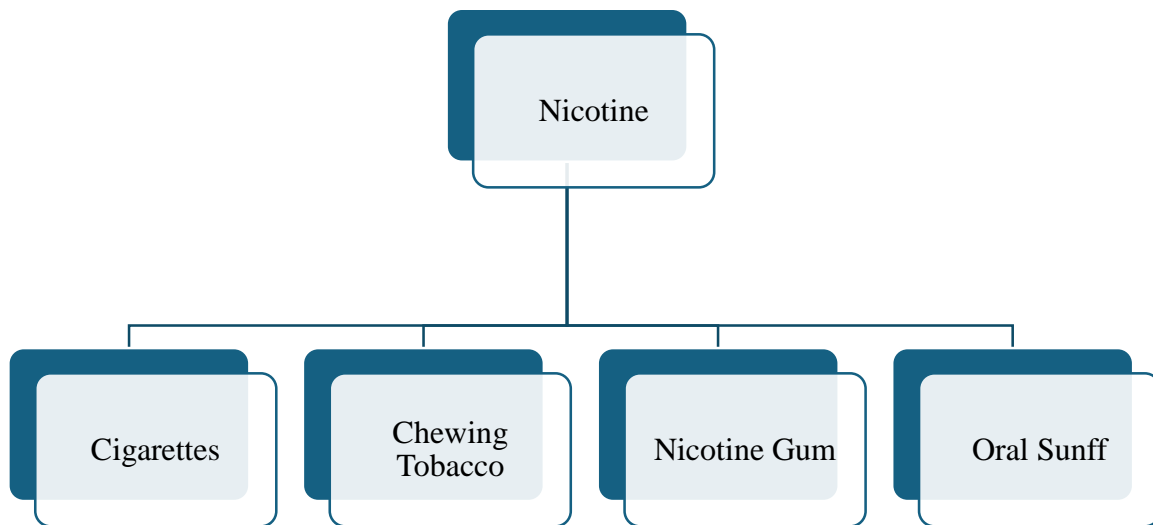
Rehabilitation centres

They are made to treat such additive person. In these centres they take complete care of them and makes sure to avoid it completely. Due to the smoke created during smoking not only effects the victim but also it affects other persons too. It can cause them breathing problem, premature death, and can create many diseases in children. This World health organization is fighting against the tobacco epidemic to make people aware of it and have a good and safe environment for their future generations. Tobacco use is the most preventable disease that can cause heart diseases and stroke.

Nicotine

- ☉ It is a natural element performing as a botanical pesticide in tobacco leaves.
- ☉ Oral snuff and pipe tobacco enclose concentration of nicotine like to cigarette tobacco.
- ☉ Cigar and chewing tobacco have only about half the nicotine concentration of cigarette tobacco.

- ☹ Nicotine is a dangerous and highly addictive.
- ☹ It very dangerous for health.



Tobacco leaves are used to make products such as:

- ☹ *Cigarette*: It is a thin cylinder shape product which is rolled up with paper containing crushed tobacco leaves in it.
- ☹ *Cigar*: It is basically same as cigarette but here instead of paper it's rolled up in tobacco leaves. It is considered as one of the ancient type of smoking.
- ☹ *Hookah*: It is a product or device which makes tobacco consuming possible in different flavours. Hookah can be of different kinds such as pot hookah, mini hookah, travel hookah, etc.
- ☹ *Bidi*: It is prepared from dried *Nicotiana tabacum* leaves. In the work environment, bidi tobacco dust are breathe in by tobacco processors and bidi rollers, inadvertently.

Chewed and Sucked Tobacco

Orally used goods are chewed and retained in the space between the lower lip and gums.

- ☹ *Khaini*
 - prepared from sun-dried tobacco
 - normally used in Gujarat and Maharashtra
- ☹ *Zarda*
 - a combination of tobacco, lime, spices, and silver flakes is also added to pan

☞ *Khiwam*

- a mixture of tobacco extract, spices, and additives is added to pan

☞ *Betel quid (or) pan*

- contains four main ingredients, betel leaf (piper betel), areca nut, catechu, slaked lime, and tobacco
- spices and flavoring agents may also be added

☞ *Kharra*

- is a combination of tobacco, areca nut, lime, and catechu that is chewed
- usually used in some parts of Maharashtra

☞ *Mainpuri tobacco*

- preparation named after the Mainpuri district of Uttar Pradesh
- contains tobacco, slaked lime, areca nut, camphor, and cloves

☞ *Mawa*

- a mixture of thin shavings of areca nut, tobacco, and slaked lime
- widely preferred in Gujarat

☞ *Gutka (or) pan masala*

- extremely popular in all parts of India
- It contains areca nut, slaked lime, catechu, and tobacco and sweeteners

Products used as dentifrice

☞ *Gudakhu (or) gul*

- prepared from powdered tobacco and molasses
- It is applied to the gums and teeth with a finger

☞ *Masheri*

- also called mishri
- made by roasting tobacco flakes
- It is applied to gums and teeth

☞ *Bajjar (dry snuff)*

- another tobacco product
- used mainly by women

☞ *Lal dantamanjan (red tooth powder)*

- Available in tooth powder and paste

World Health Organization (WHO)

To stop this they are create awareness the world health organization (WHO) designated 31st May as world no Tobacco day. It spreads awareness on deadly effects of Tobacco use on the youth. New Zealand as the first county to ban use of Tobacco and shows the youth what major impact it had on our health. In the year 1988 the law was passed to celebrate this day everyday year. As it's affecting the youth's health damaging their organs.

Use of tobacco can generate many health problems such as:

- ☺ *Cancer*: Taking tobacco on a daily basis has a major chance of getting cancer in their body. Cancer can be caused in any part of the body but mainly lungs, throat, and mouth cancer.
- ☺ *Damages heart*: Tobacco is an addictive drug and it can create more chances of heart diseases like heart attack and damages its blood vessels.
- ☺ *Lungs disease*: The smoke produced while inhaling tobacco directly affects the lungs. It can cause lung cancer or can also cause difficulty in breathing.
- ☺ *Other disease*: Smoking can create many health problems such as stroke. Stroke is a disease where a person can't move it's body. It usually happens with some part of the body such as hands or legs or the whole body. Diabetes is another problem caused due to smoking. It is also a long term disease.

Impact of Awareness programs

Celebrating World no Tobacco day has a major impact on the youths today. It gives them an important message about effects of tobacco which keeps them away from these drugs. Nicotine is drug which makes people more addictive towards it. It cannot be easy to stop or avoid usage of tobacco.

Some importance of celebrating World no Tobacco day are as follows:

- ☺ It creates awareness about the deadly effects of use tobacco.
- ☺ It prevents death and diseases.
- ☺ It raises awareness about the diseases and health problems globally.
- ☺ It also provides effective policies to reduce the tobacco use worldwide.
- ☺ Every year tobacco day becomes a platform for those youngsters who are urging to stay away from it.

According to the worldwide adult tobacco survey in India 29% of adults aged above 15 are tobacco consumers. Most used form of Tobacco in India is smokeless. The products such as khaini, gutkha, all these are consumed in the form of solid particles. More number of children are using e-cigarette compared to adults. This is the major reason of increasing diseases like lungs cancer, difficulty in breathing, in adults which can cause death of a person.

Conclusion

Now to make our country a tobacco free each and every individual should take a step towards creating awareness within the people. Getting addicted to use of Tobacco in early age will affect them while they are adults. It can cause early death of a person. Tobacco use causes 4,80,000 deaths in which 48,000 are non-smokers and other infants who dies due to second hand smoke produced. Not only men but women have also started consuming tobacco. It can be in form of cigarettes or other products as gutkha, etc. In both men are women cardiovascular disease is getting common which is causing multiple deaths. Hence usage of tobacco should be completely stopped to have a happy and a healthy life ahead. The world health organization is doing a great job by celebrating it each year and making people aware of it again and again. Consuming Tobacco does not have any positive affect on a person's health but rather has deadly effects on their body. The more consuming it on daily basis will take those more nearer to death. Therefore each and every individual should know about its affects and should take a step to stop it completely. Every year this day is celebrated in every schools and colleges to make awareness within their students. A person before smoking should always remember that smoking kills a life. To make future generation healthier it should be permanently stopped.

Reference

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