

'Tobacco': A Curse for the Nation

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ABSTRACT

Tobacco is a product prepared from the leaves of the tobacco plant. Tobacco contains the alkaloid nicotine, which is stimulant. Dried tobacco leaves are mainly used in smoking cigarettes, cigars, pipe tobacco, and flavoured sisha tobacco, can be consumed as snuff, chewing tobacco, dipping tobacco and snus. Tobacco use is a risk factor to many diseases, especially those affecting heart, liver and lungs as well as many cancers. In 2008, the WHO named tobacco as the world's single greatest preventable cause of death. And this harmful effect of consuming tobacco is known to maximum sector of the society, still they consuming it. Even young generations are also consuming in a habitual manner. Thus spreading awareness is not enough rather it should be banned. There should be strict penal provision for manufacturers, buyers and sellers of any form of tobacco.

Keywords.- Cigarettes, Cigars, Pipe Tobacco should be banned

I. INTRODUCTION

Tobacco is a product prepared from the leaves of the tobacco plant by curing them. Tobacco contains the alkaloid nicotine, which is stimulant. Dried tobacco leaves are mainly used in smoking cigarettes, cigars, pipe tobacco, and flavoured sisha tobacco. They can be consumed as snuff, chewing tobacco, dipping tobacco and snus. Tobacco use is a risk factor to many diseases, especially those affecting heart, liver and lungs as well as many cancers. In 2008, the WHO named tobacco as the world's single greatest preventable cause of death

'Tobacco is a green, leafy plant that is grown in warm climates. After it is picked, it is dried, ground up, and used in different ways. It can be smoked in a cigarette, pipe, or cigar. It can be chewed (called smokeless tobacco or chewing tobacco) or sniffed through the nose (called snuff)'

Youth are the future of the nation. Smoking by children and adolescents hastens the onset of lung function decline during late adolescence and early adulthood and is related to impaired lung growth, chronic coughing, and wheezing. Tobacco can affect youth activities and athletic performance. And this harmful effect of consuming tobacco is known to maximum sector of the society, still they consuming it. Even young generations are also consuming in a habitual manner. Thus spreading awareness is not enough rather it should be banned. There should be strict penal provision for both buyer and seller of any form of tobacco.

Tax on tobacco products have been going up continuously over the past few years as the government has grown conscious of the need to curb their usage. Even in consonance with the government's broad policy to discourage use of tobacco products in the interest of public healthcare and safety, the excise duty on the entire value chain of tobacco products from cigars, cheroots, cigarillos to filtered and non filtered cigarettes, hand-made 'bidis' and 'pan masala', has been hiked in varying quantum in the Union Budget 2017-18 .

Assam became the first state to legally ban consumption of all forms of smokeless tobacco, including pan masala containing tobacco and nicotine under The Assam Health (Prohibition Of Manufacturing, Advertisement, Trade, Storage, Distribution, Sale And Consumption Of Zarda, Gutkha, Panmasala etc. containing Tobacco and/or Nicotine) Act, 2013, (Received The Assent Of The Governor On 8th February, 2014). Thus sale, consumption, manufacturing, trading, storage and advertisement of all forms of smokeless tobacco including pan masala have been banned in Assam. Provisions of (Ban on Smokeless Tobacco) Act bans on all kind of advertisement, distribution, promotion, production, sale, trade and business. Anything which promotes tobacco consumption is come under this act. Any forms which contain tobacco are prohibited in the state viz. pan masala, gutkha, khaini, etc. For violating the law, one shall be punished with imprisonment up to 7 years and fine between Rs.1 lakh and Rs. 5 lakh. Consumption or possession of zarda, gutka and pan masala containing tobacco shall be punished with a fine of Rs. 1000 for the first offence and Rs. 2000 for each subsequent offence. Though many states have imposed similar bans under the food safety regulation, Assam would be the first to impose the ban through legislature.

We have done a stratified random sampling. We have divided our sample in three homogenous groups based on their ages- below 18 years, 18-21 years and above 21 years. And then drew random samples under the following heads. We took a sample of size 200. In our sample of size 200, out of which 174 are found to be tobacco consumers. Again, out of these 174 students, 28% are minor i.e. their age is below 18 yrs, 46% lies in the age limit 18-21 years and the remaining 26% are above 21 yrs.

1.1 Tobacco- Meaning

‘Tobacco is a green, leafy plant that is grown in warm climates. After it is picked, it is dried, ground up, and used in different ways. It can be smoked in a cigarette, pipe, or cigar. It can be chewed (called smokeless tobacco or chewing tobacco) or sniffed through the nose (called snuff)’.

‘Nicotine is one of the more than 4,000 chemicals in cigarettes and its smoke. It is the chemical that makes tobacco addictive or habit forming. Once we smoke, chew, or sniff tobacco, nicotine goes into our bloodstream, and our body wants more. The nicotine in tobacco makes it a drug. This means that when we use tobacco, it changes our body in some way. Because nicotine is a stimulant, it speeds up the nervous system, so we feel like we have more energy. It also makes the heart beat faster and raises blood pressure’.

Tobacco use is a risk factor for many diseases, especially those affecting the heart, liver, and lungs, as well as many cancers. There is no safe form of tobacco use, such as

1. Chew- Smokeless Tobacco
2. Bidi
3. Cigarettes.
4. Cigars, Cigarillos and Little Cigars
5. Dip- Smokeless Tobacco
6. Hookah.
7. Kreteks.
8. Pipe. Etc. etc

1.2 Economics of Tobacco

Economics deals with the making and selling of products and services to consumers. Products are things like chewing tobacco, cigarettes, televisions, houses, and cars. Services include medical care, education, and insurance. Consumers are the people like ourselves who buy or receive the products and services.

The U.S. has a capitalist economic system. Under this system, one or more people get together and form a company to make and sell something. They do this to make money. The money that they make after paying off their bills or expenses is called profit. In other words, a profit is the money they have for themselves after paying rent, salaries, utility bills (electricity, gas, telephone) and buying machines/computers and any other equipment they need to make their product and run their business.

When companies sell more than they spend, they make a profit. Selling their products to other countries is called exporting. The product that is sold is called an export. Buying from other countries is called importing, and what U.S. companies buy is called an import. For example, if Ford Motor Company buys steel from Japan to make a car, it is importing a product. Steel is the import. When Ford sells its cars to Brazil, it is exporting. Cars are the exports.

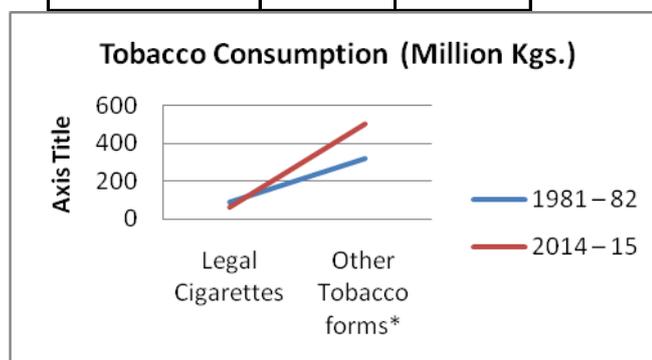
When companies or governments export more than they import, they have a trade surplus. A trade surplus is another way of saying a profit. On the other hand, when they import more than they export, they have a trade deficit. A deficit means a debt or money owed to someone else.

According to World Health Organization Report 2016, India is in 2nd lowest position with 11.4% of age-standardized prevalence of tobacco smoking among persons 15 years and older in 2015.

India has a unique pattern of tobacco consumption

Legal Cigarettes account for just 11% of overall tobacco consumed. The balance 89% consumption is represented by traditional products like chewing tobacco, bidis, khaini etc. and illegal Cigarettes. This is unlike rest of the world where tobacco is synonymous with Cigarettes representing 90% of tobacco consumption.

Year	Legal Cigarettes	Other Tobacco forms*
1981 – 82	86	320
2014 – 15	62	500



1.3 The Effects of Tobacco Use on Health

- Tobacco contains the chemical nicotine, which is an addictive substance.
- Tobacco smoke contains more than 7000 chemicals, 69 of which are known to cause cancer.

➤ Tobacco that is not burned is called smokeless tobacco. Including nicotine, there are 29 chemicals in smokeless tobacco that are known to cause cancer.

Health Risks Of Smoking Or Using Smokeless Tobacco- Using tobacco over a long time can increase your risk of many health problems.

1. Heart and blood vessel problems:

- Blood clots and weakness in the walls of blood vessels in the brain, which can lead to stroke
- Blood clots in the legs, which may travel to the lungs
- Coronary artery disease, including angina and heart attacks
- Temporarily increased blood pressure after smoking
- Poor blood supply to the legs
- Problems with erections because of decreased blood flow into the penis

2. Other health risks or problems:

- Cancer (more likely in the lung, mouth, larynx, nose and sinuses, throat, esophagus, stomach, bladder, kidney, pancreas, cervix, colon, and rectum)
- Poor wound healing after surgery
- Lung problems, such as COPD or asthma that is harder to control
- Problems during pregnancy, such as babies born at a low birth weight, early labor, losing your baby, and cleft lip
- Decreased ability to taste and smell
- Harm to sperm, which may lead to infertility
- Loss of sight due to an increased risk of macular degeneration
- Tooth and gum diseases
- Wrinkling of the skin

3. Smokers who switch to smokeless tobacco instead of quitting tobacco still have health risks:

- Increased risk of mouth or nasal cancer
- Gum problems, tooth wear, and cavities
- Worsening high blood pressure and angina

4. Health Risks Of Secondhand Smoke- Those who are often around the smoke of others (secondhand smoke) have a higher risk of:

- Heart attack and heart disease
- Lung cancer
- Sudden and severe reactions, including of the eye, nose, throat, and lower respiratory tract

5. Infants and children who are often exposed to secondhand smoke are at risk of:

- Asthma flares (children with asthma who live with a smoker are much more likely to visit the emergency room)
- Infections of the mouth, throat, sinuses, ears, and lungs
- Lung damage (poor lung function)
- Sudden infant death syndrome (SIDS)

1.4 World No Tobacco day; 31st May.

World No Tobacco Day was first introduced by the World Health Organization to be celebrated as a most recognized event all over the world in order to make people easily get aware of all the problems and health complications occurred by the tobacco chewing or smoking to prevent all the health hazards to make the whole world free of tobacco and healthy world of people.

Various other health related events are also organized by the WHO such as AIDS Day, Mental Health Day, Blood Donor Day, Cancer Day and etc to make world free of diseases and its complications. All the events are organized and being celebrated throughout the world very significantly. It was first celebrated on 7th of April in the year 1988 at 40th WHO Anniversary and later it was declared to be celebrated as No Tobacco Day on 31st of May every year. It was created as World No Tobacco Day in the year 1987 by the member states of WHO.

It is celebrated intending to aware and encourage people to reduce or completely stop the tobacco consumption in any form all across the globe. The day celebration aims to draw public attention globally to spread the message of harmful effects of tobacco use as well as its complications to others. Variety of global organizations involved in this campaign such as state governments, public health organizations and etc organizes various public awareness programmes locally.

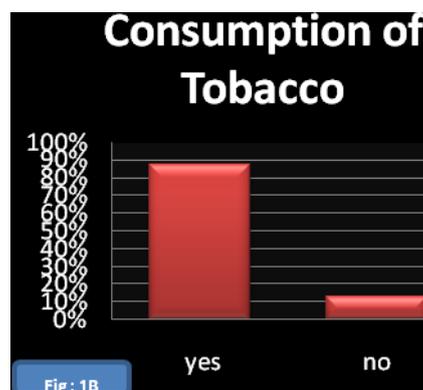
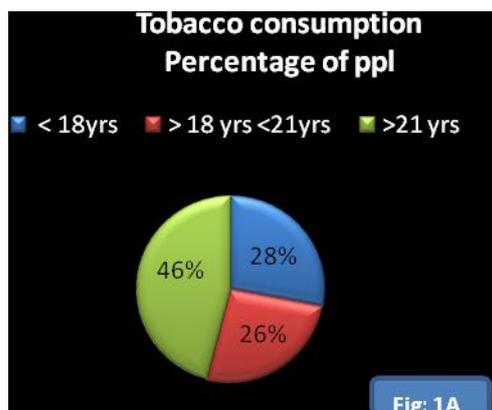
1.5. Materials and methods

This was a cross-sectional study which is a type of observational study that analyzes data collected from a population, or a representative subset, at a specific point in time-that is, cross-sectional data, using mailed questionnaire method. A sample of size 200 is selected from a population of youth (15-25)yrs residing in Silchar Town, Dist-Cachar, Assam in the year 2017.

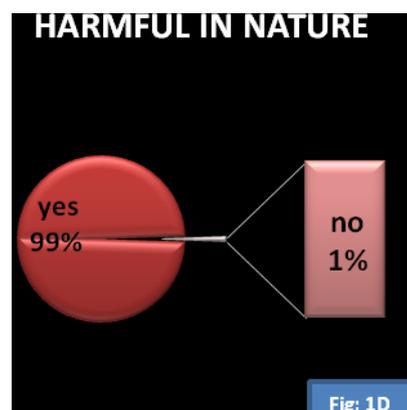
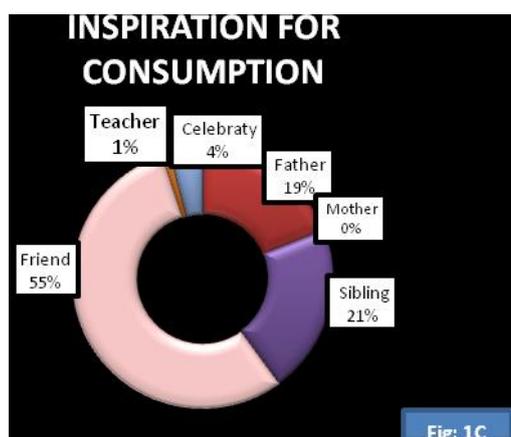
DATA REPRESENTATION IN PERCENTAGE		
1	Do you support tobacco?	
	yes	14
	no	40
	partially	46
2	Do you take tobacco?	
	yes	87
	no	13
3	If yes, in which form?	
	smoking	58
	gutkha	36
	others	6
5	Are you a current consumer or ex-	
	current	97
	ex	3
6	Who was your inspiration?	
	father	19
	mother	0
	sibling	21
	friend	55
	fav teacher	1
	fav celebraty	4
7	Are you aware of it's hurmfulness?	
	yes	99
	no	1

II. RESULT & DISCUSSION

Out of which 200 students i.e. 87% are tobacco consumers and rest 13% are non-tobacco consumers. From the study it has been found out that 99% of them are well aware of the harmful effects of tobacco yet consuming that in all forms like smoking 58%, Gutkha 36%, others 6%. Only 3% are Ex Consumer of Tabacco. Even it is trace out from the data that population in consumption of Tobacco was inspirared by someone, such as Father 19%, Sibling 21%, Friends 55%, Celebraty 45 & Teacher 1%.



(Fig:1A) In our sample of size 200, out of which 174 are found to be tobacco consumers. Again, out of these 174 students, 28% are minor i.e. their age is below 18 yrs, 46% lies in the age limit 18-21 years and the remaining 26% are above 21 yrs. That is means consumption of tobacco in any form remain constrain even they are minor. Youth are future of the nation and they are attracted by tobacco which will further effect their health. They become addicted and fail to concentrate in their career. (Fig:1B) data depicts widespread of consuming tobacco by youth generation.



(Fig: 1C) Out of the 87% tobacco consumers 55% were inspired from friends and 21% from sibling, 19% from father, 4% from celebrity and 1% from teacher. Data depicts that, consumer generally inspired from their friends who are almost in the same age group, Siblings, parents, celebraty, Teacher etc. that means mere awareness to the youth generation is not enough to solve the problem. It should be rooted out from the society. And it is very strange to be stated that having proper knowledge of negative effects of consuming tobacco, still population consuming it as an addiction (Fig 1D). That means awareness; counseling is not enough to curb this evil practice.

III. CONCLUSION

It is very sad to state that having knowledge to destroying our future generation for economic growth, law is still silent in this regard. In consonance with the government's broad policy to discourage use of tobacco products and raise the interest rate in all tobacco products is not enough to control the problem. Even state Assam impose to ban consumption of all forms of smokeless tobacco, including pan masala containing tobacco and nicotine

through legislature, but still it is not controlled. In order to put a full stop to all these activities state need to stop the very source. The government is required to put check to its production and it should be strictly followed or else we would be loosing more of our human resources to death. Thus, there should be strict penal provision for manufactures, buyers and sellers of any form of tobacco in a central level.