

**Short Communication**

**TOBACCO INTAKE STATUS–A REVIEW**

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**ABSTRACT**

One of the global health issues is tobacco consumption, either in the form of smoked tobacco and smokeless tobacco (ST). In the world wide more than 300 million people consumes various ST product. Tobacco makes addiction and cause cancer, the cardiovascular mortality risk level more and poor pregnancy outcomes. The smoked tobacco and ST causes major disease burden in different countries and regions.

This article reviews briefly about the various health issues causes by tobacco products consumption and its effects of stimulating diseases.

**Keywords:** Tobacco control, Health disorder, Products, Smokeless

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**INTRODUCTION**

Smoked tobacco products are namely cigarette, beedi, surutu in tamilnadu, india. Other than smoked tobacco product such as by chewing, sniffing, or placing the product between gum and the cheek or lip are called ST products [1]. The ST products of various forms such as chewing tobacco, snuff, snus and dissolvable tobacco products. Smokeless tobacco products contain over 3000 constituents. All ST products contain nicotine. Nicotine is an alkaloid used for tobacco disorder and smoking cessation and nicotine dependence for the relief of withdrawal symptoms. ST products risk is equal to electronic cigarettes. ST is no safe in any level of use. The adverse effects such as dental disease, oral cancer, oesophagus cancer and pancreas cancer are correlated, as well as adverse reproductive effects including stillbirth (death of baby before or during birth), premature birth and low birth weight. It has 28 cancer causing chemicals, among most prominent is nitrosamine. Examples of south asian tobacco products are gutkha, zarda, paan, khaini.

Gutkha–tobacco with arecanut etc. applied in the mouth between cheek and gums.

Zarda-tobacco with slimed lime with saffron and swallowed orally.

Paan–some time tobacco in bettle leaves with arecanut and chewed by teeth and swallowed.

Khaini-tobacco with slaked lime flavoured and swallowed.

**Nicotina tabacum**

Nicotina tabacum or cultivated tobacco is yearly grown plant. Pharmacognosy [2] class N. tabacum is Kingdom: plantae, Clade: Angiosperms, eudicots and asteroids, Order: solanaels, Family: solanaceae, Genus: nicotiana, Species: N Tabacum, Binomial Name: Nicotiana tabacum L. Tobacco leaves are acrid taste. The plant leaves processed to produce tobacco and commercialized in many countries like orugvey. The species of hybrid nicotina is ancestry of nicotiana sylvestris, nicotiana tomentosiformis and may be nicotiana

otophora. The tobacco documented as a murder poison by belgian chemist Jean S in 1851. It is commercially cultivated worldwide. The N. tabacum growth perceptive to temperature (T<sup>o</sup>), humidity, nitrogenised soil and requires T<sup>o</sup> 20–30 °C (68–86 °F), humidity needs in the range of 80–85%, and necessitates nitrogen rich soil.

N. Tobacum sniffing is used as a remedy [3] for ear, nose, throat, eye probems and mental depression. N. Tobacum can be purchased as in the form of loose leaf or pugs in traditional medical stores for example in Tamilnadu, India. The boiled leaves of tobacco of decanted liquor used for indigestion, stomach ache, and urinary difficulty. Used for ulcer, warts and dermal cancer of the skin. Smoked tobacco produce excess body odour and remove plague. Common belief that smoked tobacco calm the nerves and cure anxiety, smoke blown to ear to treat ear pain, when applied in the anus cure constipation and other infection at anus. Tobacco juice applied at ears for deafness relief. Tobacco honey syrup used to treat asthma, choronic obstructive pulmonary lung diseases, cough, and syphilis. After the year 1601 it is believed N. Tobacum is not good for all, should be avoided for young peoples and pregnant woman. At present N. Tobacum was prohibited step by step, year after years all around the world. Since health diseases are produced globally because of the use of smoked tobacco or ST products. Now people found tobacco free zone for colleges, hospitals and industries.

**Tobacco control**

The world health organization (WHO) found frame work convention on tobacco control (FCTC). FCTC enacted in 2005, FCTC helps us to determine gaps in ST demand reduction measures [4]. WHO FCTC output result from major on smoked tobacco and less on ST products. WHO implemented tobacco control to its member countries, primarily to India. The policies about tobacco control issued mainly for ST products and smoked tobacco such as cigarettes. WHO influence government to implement, ban of tobacco advertisement, promotion, and sponsorship at sporting events. No tobacco day celebration on 31 May by WHO and global partners celebrate world [5].

**Table 1: WHO global health report**

S. No.	Observation [6]	Report
1	Tobacco's toll	One die every six seconds
2	Prevalence of smoking	78% do not smoke globally
3	Tobacco control measure	10% high tax rate of cigarette in countries
4	Control policies	demand reduction control measures of FCTC

**CONCLUSION**

In modern day tobacco free zones were implemented in colleges, hospitals and other organizations. Use of tobacco products causes death, so tobacco free zone helps us to not use tobacco products.

**AUTHORS CONTRIBUTIONS**

All the author have contributed equally

**CONFLICT OF INTERESTS**

Declared none

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