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# Study of disadvantages of use of Tobacco in Telangana Population

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## Abstract

**Background:** Tobacco usage is the second most important cause of death globally and about 1.5 million deaths in India (under developed countries).

Method: 110 (One hundred and ten) patients aged between 20 to 60 years influenced by disadvantages of tobacco usage were studied.

Their various diseases including, CVS Respiratory. Obg and Gynaecology, New born and children, Male reproductive were recorded at different age group.

**Results:** Smoking percentage was highest 12 (26.6%) in 20-29 age group, chewing tobacco was highest in > 60 years of age, 26 (23%) CVS, 24 (21.8%) Respiratory 20 (18.1%), obg and gynaec, 17 (15.4%) effects of New born and child hood, 23 (20.9%) effects of Male reproductive organs.

**Conclusion:** Prevalence of tobacco chewing or smokers at different age groups associated with various risk factors lead to morbidity and mortality. It requires public awareness and stringent legal action.

Keywords: Chewing, Smoking, CVS, CNS, WHO, COPD, IHD, HTN

#### Introduction

Tobacco usage is the one of the important preventable causes of death and leading public health problem globally <sup>(1).</sup> According to the WHO tobacco is the second major cause of death worldwide and currently responsible for 8.4 million deaths every year <sup>(2)</sup>. Among them 70% of deaths in underdeveloped countries including India <sup>(3)</sup>. Tobacco usage is harmful and addictive. All forms of tobacco cause fatal and disabling health problems throughout life. About 25 diseases are influenced by tobacco e.g. cancer of throat, buccal cavity, lung cancer, COPD, peripheral vascular disease, stroke, coronary artery disease bladder cancer, aortic aneurysm, prenatal mortality, cervical cancer and leukemia. In addition tobacco users are in higher risk for general health problems than non-smokers <sup>(4)</sup>. It is also reported that tobacco consumption adversely affect, the heart and brain causing headache, vertigo, loss of memory insomnia, loss of vision, cough, pulmonary tuberculosis, palpitation, impotence, constipation <sup>(5)</sup>. Hence attempt was made to evaluate the various, disadvantages of tobacco chewing / smoking.

## Material and Method

110 patients regularly visiting Medicine, obg & Gynae, surgery and paediatric, departments of MediCiti Institute of Medical Sciences, Ghanpur, Village, Medchal Mandal, Medchal Malkajgiri (dist – 501401, Telangana.

**Inclusive Criteria:** The patients having cardio vascular, Respiratory, Pregnancy, Who had history of tobacco-chewing or smoking and new born and childhood whose parents having problems related tobacco were selected for study.

**Exclusion Criteria:** The patients having malignancy due to tobacco having poor prognosis, immune, compromised patients were excluded from the study.

**Method:** Every patient had a history of tobacco chewing or smoking having CVS, respiratory, problems during pregnancy, problems in new born and childhood due to smoking in pregnancy were evaluated and classified and treated accordingly. Blood examination X-ray USG was carried out as per the clinical symptoms of the patients to diagnose and treat efficiently.

Duration of study was Jan. 2018 to Jan. 2020.

**Statistical analysis:** various diseases age, smoking / chewing was classified with percentage. The statistical analysis was done in SPSS software. The ratio of the Male and female was 2:1.

#### **Observation and Results**

Table-1: study of smoking in different age groups. In age between 20-29 –

5 (11%) smoking Bidi 7 (15.5%) smoking cigarette. In the age group 30-39 5 (11.1%) Bidi smokers, 4 (8.8%) cigarette smokers. In the age group between 40-49 6 (13.3%) were Bidi smokers, 2 (4.4%) were cigarette smokers. In 50-59 age group 3 (6.6%) Bidi smokers, 4 (8.8%) cigarette smokers. More than 60 > years, 6 (13.3%) were Bidi smokers, 3 (6.6%) cigarette smokers.

**Table-2:** Study of chewing tobacco and products of tobacco at different age groups. In the age between 20-29 3 (4.6%) tobacco Chewers, 5 (7.6%) were pan + tobacco chewers, 6 (9.2%) were Gutka chewers. In the age group 30-39 3 (4.6%) were tobacco chewers, 4 (6.1%) were pan + tobacco, 6 (9.2%) were Gutka chewers. In the age between 40-49 2 (3%) tobacco chewers, 3 (4.6%) were pan + tobacco 5 (7.69%) were Gutka chewers. In the age between 50-59 years 4 (6%) were tobacco chewers, 3 (4.6%0 were pan + tobacco, 5 (7.6%) were Gutka Chewers over 60 > of age, 8 (12.3%) were tobacco chewers, 3 (4.6%) were pan + tobacco, 5 (7.6%) Gutka chewers

 Table-3: Clinical findings of the patients influenced by tobacco

- 26 (23.6%) had cardio vascular diseases 3 (2.72%) had stroke, 8 (7.27%) had IHD, 6 (5.45%) had MI, 9 (8.18%) had HTN
- 2) 24 (21.8%0 had Respiratory diseases 8 (7.27%) had COPD, 9 (8.18%) had Asthma,
  7 (6.3%) had Tuberculosis
- 3) 20 (18.1%) pregnancy 4 (3.63%) had bleeding, 2 (1.8%) had ectopic pregnancy, 6 (5.4%) had miscarriage (abortion), 3 (2.7%) had premature delivery, 5 (4.5%) still birth.
- 4) 17 (15.4%) Effects in New born and childhood 4 (3.63%) had orofacial cleft, 5 (4.5%) had club-foot, 8 (7.2%) had tetralogy of fallot.
- 5) 23 (20.9%) Male reproductive system 6 (5.45%) had oligospermia 7 (6.36%) had Asthenospermia 10 (9%) had premature ejaculation

#### Discussion

The present study of disadvantages of usage of tobacco in Telangana population, The smoking at different age groups – In 20-29 age group 5 (11%) smoking Bidi, 7 (15.5%) cigarette smokers, In 30 to 39 age group 5 (11%) were Bidi smokers, 4 (8.8%) were cigarette smokers, In 40-49 age group 6 (13.3%) were Bidi smokers, 2 (4.4%) were cigarette smokers. In 50-59 age group 3 (6.6%) were Bidi and 4 (8.8%) were cigarette smokers. At and above  $60 \ge 6$  (13.3%) were Bidi and 3 were cigarette smokers (Table-1). Tobacco chewers at difference age groups were In 20-29 3 (4.6%) tobacco, 5 (7.6%) pan + tobacco, 6 (9.2%) Gutka, In 30-39 age group 3 (4.6%) tobacco chewers, 4 (6.1%) pan + tobacco, 6 (9.2%) Gutka chewers, 40-49 age groups 2 (3%) tobacco, 3 (4.6%) pan + tobacco, 5 (7.69%) Gutka chewers. In 50-59 age group 4 (6.1%) tobacco, 3 (4.6%) pan + tobacco, 5 (7.69%) Gutka chewers. In  $60 \ge 8$  (12.3%) tobacco, 3 (4.6%) pan + tobacco, 5 (7.69%) Gutka Chewers (Table-2) The clinical findings of patients influenced by tobacco chewer / smokers (1) 26 (23.6%) CVS, 3 (2.72%) stroke, 8 (7.27%) IHD, 6 (5.45%) MI, 9 (8.18%) HTN

(2) 24 (21.8%) Respiratory diseases – 8 (7.27%) COPD, 9 (8.18%) Asthma, 7 (6.36%) Tuberculosis (3) 20 (18.1%) Obg and Gynaee – 4 (3.63%) Bleeding 2 (1.81%) ectopic pregnancy, 6 (5.45%) Miscarriage (abortion), 3 (2.72%) premature delivery, 5 (4.54%) still birth, 4 – 17 (15.4%) Effects on new born and childhood – 4 (3.63%) had oro-facial cleft, 5 (4.54%) club foot, 8 (7.27%) tetralogy of fallot.

5 – Male reproductive system – 23 (20.9%), 6 (5.45%) oligospermai, 7 (6.36%) Asthenospermia, 10 (9.09%) had premature ejaculation (Table-3).

These findings are more or less in agreement with previous studies  $^{(6)(7)(8)}$ .

Tobacco contains the toxic thing called Nicotine which retards all, physiological functions of the body there by causing ill-health or less immunity. It is also reported that, illiterate or little educated people are more victims of tobacco addiction <sup>(9)</sup>. In addition low-income or poverty people live in depression and for those the toxicity of tobacco gives temporary relief of Euphoria hence they develop addiction to tobacco chewing or smoking <sup>(10)</sup>. In longer addiction they lose immunity and develop multiple diseases of CVS, CNS reparatory, reproductive abnormalities.

# Summary and Conclusion

The present study of disadvantages of usage of tobacco in Telangana population encompasses various disadvantages in both sexes neonatal and childhood A strict legislation and awareness is required to prevent such hazardous diseases because already underdeveloped countries are suffering with air-pollution, malnutrition and food adulteration.

#### Table-1

#### Study of smoking at different age groups

45 persons

Particular	Age group with percentage				
1 articular	20-29	30-39	40-49	50-59	60 ≥
Smoking	5	5	б	3	6
Bidi	(11.1%)	(11.1%)	(13.3%)	(6.6%)	(13.3%)
Cigarette	7	4	2	4	3
smokers	(15.5%)	(8.8%)	(4.4%)	(8.8%)	(6.6%)
Total	12	9 (20	8	7	9 (6 %)
	(26.6%)	%)	(17.7 <mark>%)</mark>	(15.5%)	



Table-2

# Study of chewing tobacco in difference age groups

65 persons

Particular	Age group with percentage					
i articular	20-29	30-39	40-49	50-59	60 <i>≥</i>	
Tobacco	3	3	2 (3%)	4 (6%)	8	
Chewing	(4.61%)	(4.61%)			(12.3%)	
Pan +	5	4 (6.1%)	3	3	3	
tobacco	(7.69%)		(4.61%)	(4.61%)	(4.61%)	
Gutka	6	6	5	5	5	
products	(9.23%)	(9.323%)	(7.69%)	(7.69%)	(7.69%)	
of						
tobacco						
Total	14	13 (20%)	10	12	16	
	(21.5%)		(15.3%)	(18.4%)	(24.6%)	



# Table-3

# **Total No of patients: 110**

Clinical findings of the patients who were influenced by tobacco ch			chewing /	
smoking				
S1 No	Diseases	No of patients	Dercentage	

SINU	Diseases	No of patients	reiceinage	
1	Cardio-vascular diseases	(26)	23.6	
a	Stroke	3	2.72	
b	IHD	8	7.27	
c	MI	9	5.45	
d	HTN	9	8.18	
2	<b>Respiratory Disease</b>	(24)	21.8	
a	COPD	8	7.27	
b	Asthma	9	8.18	
с	Tuberculosis	7	6.36	
3	Obg & gynaec	(20)	18.1	
a	Bleeding during pregnancy	4	3.63	
b	Ectopic pregnancy	2	1.81	
c	Miscarriage (abortion)	6	5.45	
d	Premature delivery	3	2.72	
e	Still birth	5	4.54	
4	Effects on New born &	(17)	15.4	
9	childhood			
a	Oro facial cleft	4	3.63	
b	Club foot	5	4.54	
с	Tetrology fallot	8	7.27	
5	Male reproduce	(23)	20.9	
а	Oligospermia	6	5.45	
b	Asthenospermia	7	6.36	
c	Premature ejaculation	10	9.09	

IHD = Ischemic Heart Disease, MI = Myocardial Infarction

HTN = Hypertension, COPD = Chronic Obstructive Pulmonary Disease.





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