Academicia Globe:
Inderscience Research

ISSN: 2776-1010 Volume 4, Issue 4, April, 2023

THE EFFECT OF TOBACCO SMOKING ON THE HUMAN BODY

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Annotation
The article considers the influence of cigarette smoking on the state of the functional systems of the human body. The research data of a number of scientists on this issue is also presented.

Keywords: tobacco, smoking, glands, pregnancy, nicotine, carcinogens carboxyhemoglobin , attention, affect to concentration

Smoking is one of the most pressing problems today between humanity, along with alcoholism and drug addiction.
According to the WHO, today there are about 1.3 billion people who smoke. In Russia, people suffer from nicotine addiction 44 million people (65% men, 30% women), and the minimum the average minimal age of a smoker is 12 years. The person suffering from this problem, 4 times more likely to suffer from gastrointestinal diseases, 6 times more the likelihood of diseases of the cardiovascular system, and 90% of a hundred patients lung cancer - smokers.

Why do such diseases occur? The cigarette contains more than 4000 chemical compounds, most of which are mutagenic (mutagens - substances that cause changes in the hereditary apparatus cells), terratogenic (terratogens are substances that cause ugliness, anomalies in the structure of organs and the body) and carcinogenic (carcinogens - substances that cause the appearance of cancer cells or malignant neoplasms) properties. And did you know that there are no rules anywhere in the world, requiring tobacco companies to reduce or control concentration of carcinogens in tobacco smoke. Studies have been carried out and it turned out that tobacco companies are not so honest – indicators nicotine and tar were approximately 10 times higher than those indicated by tobacco companies figures. So why are they poisoning us? At the moment of tightening at the end of the cigarette it reaches 60 degrees and above. Such under thermal conditions, sublimation of tobacco and tissue paper occurs, with this produces about 200 harmful substances, including carbon monoxide, soot, benzopyrene, formic, hydrocyanic acid, arsenic, ammonia, hydrogen sulfide, acetylene, radioactive elements. Thus, smoking one cigarettes is equivalent to being on a busy highway for 36 hours. A cigarette usually contains several milligrams of nicotine. IN the smoke inhaled by a smoker receives only a quarter of this charge. AND what is interesting: when there is little nicotine in a cigarette, the frequency and depth of puffs turns out to be larger, and vice versa. Smokers seem to want to satiate body with a certain dose of nicotine. Which one? Yes, the one in which the desired psychological effect is achieved: a feeling of a surge of strength, some solace. Carbon monoxide, or carbon monoxide, has the property of bonding with the respiratory pigment of the blood, hemoglobin. The resulting carboxyhemoglobin is unable to carry oxygen processes of tissue respiration are disturbed. It has been found that when smoking packs

ISSN: 2776-1010 Volume 4, Issue 4, April, 2023

of cigarettes, a person injects over 400 milliliters of carbon monoxide into the body gas, and the concentration of carboxyhemoglobin in the blood increases to 7-10 percent. Thus, all organs and systems of a smoker are constantly are in a state of oxygen starvation.

Nicotine enters the brain tissue 7 seconds after the first puff. What is the secret of the effect of nicotine on brain function? Nicotine seems to improve communication between brain cells, facilitating the conduction of nerve impulses. Thanks to nicotine, brain processes are excited for a while, but then slow down for a long time, because the brain needs rest. But the insidiousness of nicotine is not only in this. The brain gets used to the constant nicotine handouts that to some extent facilitate his work, and he himself begins to demand them, not wishing to overwork especially, the law of biological laziness. And a person is forced to “spoil” his brain with nicotine in order to maintain normal state of health, otherwise there is anxiety, irritability, nervousness. Here, willy-nilly, you will smoke again. First accepted for themselves tobacco attack the respiratory organs, and they suffer most often. Passing through the respiratory tract, tobacco smoke causes irritation, inflammation mucous membranes of the pharynx, nasopharynx, trachea, bronchi, and also pulmonary alveoli. Chronic irritation of the bronchial mucosa can provoke the development of bronchial asthma. A chronic inflammation upper respiratory tract, chronic bronchitis, accompanied by debilitating cough - the lot of all smokers. Undoubtedly, there is also association between smoking and cancer of the lip, tongue, larynx, trachea.

In the last decade, there has been increasing concern among scientists and practitioners is caused by the pernicious influence exerted components of tobacco smoke on the cardiovascular system. Defeat hearts and blood vessels in a lot of and systematically smoking people, as a rule, is a consequence of a violation of the nervous and humoral regulation activities of the cardiovascular system.

Numerous experiments have shown that after smoking cigarettes dramatically increases the amount of corticosteroids, as well as epinephrine and norepinephrine. These biologically active substances heart muscle to work in a more rapid rhythm: the volume increases hearts rising blood pressure, increases the rate of contractions myocardium. It is estimated that the heart of a smoker makes a day, in on average, 13,000 beats more than a non-smoker's heart. On my own this mode is uneconomical, since excessive constant load leads to

premature wear of the heart muscle. But the position aggravated by the fact that the myocardium does not receive the amount of oxygen that necessary for such intensive work. This is due to two reasons: firstly, the coronary vessels of the smoker are narrowed and therefore blood flow through them is very difficult; Secondly, the blood circulating in body of a smoker, poor in oxygen. For, as we remember, 10% hemoglobin, are switched off from the respiratory process: they are forced to carry on a "dead weight" - molecules of carbon monoxide. All this contributes to early development of coronary heart disease and angina pectoris in smokers. Amongrisk factors for myocardial infarction, experts are one of the first to callsmoking. This is confirmed by the statistics of industrialized countries: heart attacks at a relatively young age (40-50 years) are almost

exclusively in smokers. Hypertension is also much more severe in smokers.

It is often complicated by hypertensive crises and stroke. Smoking is one of the main reasons for the development of such severe diseases such as obliterating endarteritis. This disease affects vascular

ISSN: 2776-1010 Volume 4, Issue 4, April, 2023

system of the legs, sometimes up to complete obliteration (obliteration - closure of the lumen of the vessels) of the vessels and the occurrence of gangrene. This disease is extremely rare in humans.
Nicotine and other components of tobacco also affect the organs digestion. Scientific research and clinical observations undeniably testify: long-term smoking contributes to the occurrence of peptic ulcer diseases of the stomach and duodenum. In a heavy smoker, the stomach vessels are in a state of constant spasm. As a result, tissues are poorly supplied with oxygen and nutrients, the secretion of gastric juice is disturbed. And in the end - gastritis or peptic ulcer.
Smoking adversely affects a pregnant woman. Smoke inhalation from cigarettes is accompanied by its active effect on the vascular system, especially at the level of small vessels and capillaries supplying the internal organs with oxygen and essential nutrients. Arise generalized vasospasm and deterioration in the functions of the lungs, brain brain, heart, kidneys. An adult who is accustomed to smoking does not notice any discomfort, but the negative impact on vascular system, gradually accumulating, will necessarily manifest itself in the form hypertension, angina pectoris, tendency to thrombosis. During pregnancy, the negative impact of smoking is manifested significantly faster, and especially in relation to a developing child.
In conclusion, it must be said that nicotine is a slow-acting poison,
it destroys the body from the inside, for many years. Not only that, because
the smoker destroys not only himself, but also the people who surround him.

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