

NICOTINE POISONING IN THE FORM OF SMOKING AND ITS CESSATION

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*For Correspondence: Department of Scientific Research, Mahatma Jyoti Rao Phoole University, Jaipur, India	ABSTRACT Nicotine dependency, like alcoholism, is a real mental illness and disease. While able to fully and comfortably arrest our chemical addiction, there is no cure. Nicotine withdrawal is the group of symptoms that occur upon the abrupt discontinuation or decrease in intake of nicotine. The effects of nicotine withdrawal can include anxiety, depression, feelings of restlessness or frustration, headaches, an increase in appetite and difficulty concentrating. After the patient quits smoking, a lot of good things happen to body very quickly. Within just 20 minutes, heart rate and blood pressure go down. Within 12 hours, the carbon monoxide levels in body go back to normal. And within a couple of weeks, circulation improves and the patients are not coughing or wheezing as often. "Smoking is injurious to health" is a common quote found almost everywhere and known by everyone.
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INTRODUCTION

Nicotine is a potent parasympathomimetic alkaloid found in the nightshade family of plants (Solanaceae) and a stimulant drug. It is a nicotinic acetylcholine receptor agonist. It is made in the roots and accumulates in the leaves of the plants. It constitutes approximately 0.6–3.0% of the dry weight of tobacco and is present in the range of 2–7 µg/kg of various edible plants. It functions as an antiherbivore chemical; consequently, nicotine was widely used as an insecticide in the past, and nicotine analogs such as imidacloprid are currently widely used (Mayer, 2013). Nicotine dependency, like alcoholism, is a real mental illness and disease. While able to fully and comfortably arrest our chemical addiction, there is no cure. It's permanent. Like alcoholism there's just one rule. Once being free, just one, using just once and the patient has to go back. It isn't a matter of how much willpower the patient has, but how the brain's priorities teacher teaches, how nerve and memory cell highways that recorded years of nicotine feedings have left the patient wired for relapse.

MATERIALS AND METHODS**NICOTINE CESSATION**

Brief clinical interventions (i.e., when a doctor takes 10 minutes or less to deliver advice and assistance about quitting); Individual, group, or telephone counseling; Behavioral therapies (e.g., training in problem solving); Treatments with more person-to-person contact and intensity (e.g., more or longer counseling sessions); Programs to deliver treatments using mobile phones. Nicotine replacement products; Over-the-counter (nicotine patch [which is also available by prescription], gum, lozenge); Prescription (nicotine patch, inhaler, nasal spray)

Prescription non-nicotine medications: bupropion SR (Zyban®), varenicline tartrate (Chantix®); Counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.

DISCUSSION ON WITHDRAWAL OF NICOTINE

Nicotine withdrawal is the group of symptoms that occur upon the abrupt discontinuation or decrease in intake of nicotine. The effects of nicotine withdrawal can include anxiety, depression, feelings of restlessness or frustration, headaches, an increase in appetite and difficulty concentrating. A smoking cessation program may improve one's chance for success in quitting nicotine (Hukkanen et al., 2005). The common symptoms are an intense craving for nicotine, anxiety, depersonalization, drowsiness, depression, headaches, increase in appetite, weight gain and difficulty with concentration. Approximately 75% to 80% of smokers who attempt to quit relapse before achieving 6 months of abstinence. However the more attempts a smoker makes, the greater the likelihood of quitting, because each attempt makes an individual more familiar with nicotine withdrawal symptoms (Le Houezec, 2003).

RECOVERY BY NICOTINE QUITTING

After the patient quits smoking, a lot of good things happen to body very quickly. Within just 20 minutes, heart rate and blood pressure go down. Within 12 hours, the carbon monoxide levels in body go back to normal. And within a couple of weeks, circulation improves and the patients are not coughing or wheezing as often. This can be detailed as under:

After 20 minutes: blood pressure and pulse decrease. The temperature of hands and feet increases.

After eight hours: The carbon monoxide level in blood returns to normal. Oxygen levels in blood increase.

After 24 hours: chance of heart attack decreases.

After 48 hours: ability to taste and smell starts to return.

After 72 hours: The bronchial tubes (airways) relax.

After two weeks to three months: circulation improves.

After one to nine months: Cilia (tiny hairs) in the lungs regrow, increasing the lung's capacity to handle mucus, clean itself, and reduce infection. Coughing, sinus congestion, fatigue, and shortness of breath also decrease.

After one to five years: risk of dying from heart disease is cut to half that of a lifelong smoker's risk.

After 10 years: risk of dying from lung cancer drops to almost the same rate as that of a lifelong nonsmoker. Risk for mouth, larynx, and other cancers decreases.

CONCLUSIONS

Smoking is injurious to health is a common quote found almost everywhere and known by everyone. But the question arises that how many people actually obey the quote and act accordingly. It is quoted that a cigarette is a pipe with a fire at one end and a fool at the other. As smoking has become a trend of this era, it is vital for everyone to know the health risks of smoking. The habit of smoking leads to many harmful effects on the body. It is detrimental to human health. Globally, tobacco smoking is the single largest cause of preventable or escapable death. Few developing nations sell cigarettes which are likely to have elevated tar content and tend to be less filtered, significantly increases the susceptibility to tobacco-related disease in these nations. Smokers have an increased chance of over 50 severe health conditions; some may cause irremediable damage to health and some may be fatal.

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