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## Smoking As The Worst Habit That Has No Benefits

Smoking is a process in which a substance is burned, and most commonly used substance is tobacco. After burning, it is tasted and inhaled, some people resort to smoking as a self-help practice, sometimes practiced in some religious rituals to enlighten Spiritual, and most prominent means of smoking common now cigarettes, whether industrial or hand-wrapping, and there are other means and tools for smoking. Smoking dates back to the year 5000 BC; it existed in various cultures around the world. Religious celebrations and euphoria were of smoking; it was with offerings of ancient gods and was for ritual cleansing. When Europe invaded the two continents, the spread of tobacco to all the world quickly, and in Europe contributed to smoking to provide new social activities for the population, and a picture of drug abuse in an unprecedented manner. The symptoms that come after the infection of one of these diseases may cause increased nervous and psychological pressure, which negatively affects the life of the person, and shows the skin of the smoker appearance which makes the owner seem older than it is affecting taste may cause impotence for men. Many communities need to increase awareness about the dangers of smoking and intensify programs to help smokers quit. Some people realize the impacts of smoking, other people have no knowledge about the side effects of smoking, yet people have the knowledge, but they do not want to quit it. Smoking has several damages in health.

Smoking leads to damage; harm and it kill the cells of respiration. Respiratory damage caused by cigarette smoking is slow, gradual, and lethal. It can be seen in many things: respiratory disorders such as infections and flu, and a condition named emphysema. Swelling to a sudden contraction limits the ability of the lungs to function, destroy user airways, and it may cause lung cancer. Coughing is one of the methods used by respiratory tubes as a reaction to dispose of dirt and pathogens but smoking severely weakens it. Inhalation causes damage to the cilia and respiratory tubes and becomes slow until it stops. This is worse when the pharynx and nose produce Large amounts of excess mucus, which lead to accumulation and thus blockage in the respiratory passages causing congestion, and is often chronic, making it difficult to breathe. The airways lose their elasticity and can no longer absorb the pressure in the alveoli enough to cause rupture of the alveolar walls of the lungs and sensitive tissues. In the long-term changes in smoking, they promote the formation of abnormal cellular changes that lead to lung cancer. Cells in the outer borders of the lining of the airways begin to divide more rapidly than usual. Eventually, a mutation occurs in the cells that begin to form a Nucleus Cancer cells are similar to large size, distorted with abnormal numbers of chromosomes, and this damage can only be cured if you stop smoking and follow a healthy pattern with the need to take medical drugs, but when you continue smoking these mutated cells will break The basal membrane, which begins to multiply within the lung tissue, forms a tumor with the possibility of spreading it throughout the lung tissue.

Smoking goes hand in hand with disorders of the nervous system. One of the components of tobacco is nicotine, which reaches the brain a few seconds of inhalation and affects it to make it active and work more, nicotine is a substance that manipulates mood and affects it, and smoking in general increases the atrophy of the optic nerve, which affects vision and causes poor vision, on the sense of smell and taste, which sometimes loses appetite. Disturbance in the work of the nervous system, which begins to destroy the central organs of the nervous system

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of the brain, resulting in a constant feeling of headache and dizziness, in addition to the loss of balance of the body. Acute tension in the nerves resulting from suffering from severe insomnia, with a great desire to relax and sleep without the ability to achieve it, and often appear in those who smoke much at night and before the immortality of sleep. Disturbances in the peripheral organs of the nervous system, which are the nerves transmitted to and from the central organs of the brain, so that excessive smoking leads to cases of nerve tension, which may sometimes develop to paralysis in part of these nerves, which contribute to the conversion of smokers to humans Irritable, irritable, irritated when exposed to any sexy, despite how simple. Weakness of the senses, where smokers have a sharp decline in the ability to distinguish odors and inhalation, besides a weak sense of taste, and the inability to enjoy the taste of eating. Neuropathy, weakness in the level of vision, which appears clearly with time, with the emergence of some permanent symptoms such as continuous gustiness of the eye, redness of the whites of the eyes, with a sense of obscurity covering the eyes sometimes.

Smoking causes heart disease, and it causes problems in circulation of the blood. Smoking has accelerated narrowing and clogging arteries that carry blood to the heart because of the accumulation of fatty deposits in one of the main coronary arteries, named atherosclerosis, where this narrowing to reduce the flow of blood to the heart, and the occurrence of heart attacks, when a blood clot in one of these rigid arteries prevents blood carrying oxygen and nutrients essential to the functioning of the heart from reaching the heart, and contributes to the destruction of that area of the heart which is connected to the blocked artery. Smoking may lead to the expansion of the main abdominal aorta, which transmit oxygen to all H body, which leads to dilation of blood vessels, which threaten life dramatically, as most of the deaths caused by the expansion of the aorta caused by smoking. Cigarettes contain nicotine, which stimulates the secretion of adrenaline, which contributes to muscle fatigue by accelerating the pulse and raising blood pressure. Cigarettes also contain carbon monoxide, which reduces oxygen in the blood that means the heart must work hard to pump more blood to provide oxygen to the cells, causing clotting, and increase the risk of a heart attack, or stroke.

All in all, smoking is the worst habit that has no benefits, which mean it's completely harmful. It causes heart disease, nervous system disease, and respiration disease. Smoking has a multiplier effect on cardiovascular patients. People who have had heart attacks are more likely to have a potentially fatal heart attack because of their weak heart muscle. Smoking interferes with the functioning of the chemical responsible for nerve conduction. It occurs slowly in the brain's various functions, its ability to retain information, and clearly affects motor performance, alertness, and weakness of the feeling. These days, communities should be wary of smoking because people smoke at this time more than people who have lived before and because of the diversity of its use.