Tobacco Caffeine And Illicit Drugs

A drug is a substance that affects the functioning of the body. There are three types of drugs that A drug is a substance that affects the functioning of the body. There are three types of drugs that have big impact on health. They are: Tobacco, Caffeine and Illicit Drugs. Some people think that Tobac co, Caffeine and Illicit Drugs should be limited because they can cause serious health problems. It is true that those drugs can cause many health diseases, but health is very important for our life, and the use of these three drugs can affect all people's bodies and have many harmful effects on human health. Tobacco products contain many dangerous elements and tobacco smoking is a serious problem because it harms the health of both smokers and non smokers.

Tobacco is a plant originally from America. Its leaves contain high levels of the addictive chemical nicotine and many harmful chemicals: Poly Aromatic Hydrocarbons (PAHs). Tobacco smoking is a major risk factor for heart attacks, strokes, chronic bronchitis, several cancers (lung cancer), high blood pressure. It is usually affects the heart and liver. Smoking kills more people than alcohol, car crashes, murder and drug combined. It causes 87% of lung cancer deaths. According to " Tobacco and Heart Disease ", by Imphal Free Press, smoking tobacco has harmful effects, which are arrhythmia, carbon monoxide, atherosclerosis, and heart attack. 1. Arrhythmia is a irregularity of heart rate. It can be too fast, or too slow, and can be due to coronary heart disease. 2. Carbon monoxide is a chemical substance, contained in tobacco smoke. This is produced by burning tobacco. This increase the ability of blood cells to deliver oxygen to the heart, brain and skeletal muscles. 3. Atherosclerosis usually occurs in large vessels of the heart, but it can occur in the blood vessels of the heart and other parts of the body too. So it speeds up and threatens life. 4. Heart attack can cause chest pain and low blood pressure to the brain is blocked. This can lead to disability or death (" Tobacco and Health Disease ". Imphal Free Press).

The second harmful effect of Tobacco shown in article " 8 harmful effects of tobacco use ", by The New Nation, Dhaka (" 8 harmful effects of Tobacco use "). Dhaka says that the World Health Organization and its partners celebrate May 31 of each year as the World No Tobacco Day. The theme of the World No Tobacco Day 2014 is to raise tobacco taxes, to reduce tobacco consumption and save lives. So, tax increases are the most effective tobacco control. According to this article, there are 8 harmful effects of tobacco use. 1. Nicotine in tobacco stimulates the central nervous system, and increases blood pressure and heart rate which results in cardiovascular disease. 2. Nicotine increases the levels of neurotransmitter dopamine, which causes dependence with all through prolonged exposure. 3. The withdrawal symphtoms are when we try quit smoking, include irri-tability, sleep disturbances, difficulty attention with cravings. 4. Tobacco increases the risk of lung and oral cancers. 5. Pregnant women who smoke, have a risk of miscarriage or premature babies or children with low bit weight. 6. People, who are second-hand smoker, increase their risk of heart disease by 25-30 % and lung cancer by 20-30 %. 7. Second-hand smoke also causes decreased lung function, poisoning, respiratory infetions such as pneumonia and bronchitis. 8. Children who are second-hand smoker too, are at an in-creased risk for sudden infant death syndrome, ear problems, and severe asthma. Caffeine is the central nervous system stimulant drug of the class of methylxanthine that travels between the brain and the body. It occurs in nature as part of the coffee, tea, soft drinks,

chocolates, yerba mate, cocoa, other plant and some nuts. It can increase heart rate and blood pressure, affects the overall health of a person. Caffeinated coffee cuts most cancers especially mouth and throat cancer risk by 50 per cent. It can also reduce the risk of stroke by 22 per cent too. Long term effects of caffeine in crease urinary excretion of calcium and magnezium (more than 744 mg/day). Effects of caffeine are: difficulty sleeping, hestlessness, irritability and head-aches. Using more than two cups of coffee or tea a day causes chronic liver diseasse. Coffee drinking (1-2 cups a day) doesn't be harmful. A cup of coffee includes 80-175 mg of caffeine. Caffeine can have both positive and negative health effects.

According to Glenn Ellis, in article " Good-bad news on effects of caffeine ", he says that caffeine has been a longtime on the list not for people hoping to be in the lead for a healthy lifestyle. Doctors noted that caffeine negatively affects the nervous system, and this can increase anxiety, stress and cravings for food. According to recent studies, coffee/caffeine has a number of medical benefits. Regular consum-ption of 350 mg of caffeine per day causes physical dependence on the drug, which indicates that inter-ruption of regular use causes a withdrawal syndrome, a more significant feature of which is most ex-cessive headache, which can be reduced by taking caffeine. The abuse of caffeine also makes regular users feel irritable. Like the fact, caffeine can stimulate adrenaline, produces more adrenaline, which leads to its boom (Ellis, Glenn. " Good-bad news on effects of caffeine ").

Other article of harmful effects of caffeine is the article " A wake-up call on harmful effects of caffeine ". Accprding to this article, how much caffeine is in a cup of coffee get us going to the begin-ning of the day ? This ceremony become a daily schedule for many Americans who couldn't start the day without this energy drink. In fact, drinking a couple cup of coffee every day has become a predisposition and facts show that it is healthy. So, if two cups of caffeinated coffee is good for us, would it not be more than swallowing caffeine in many ways, shockingly better ? This article says that 16-year-old Davis Allan Cripe caused the death of a young man from an overdose of caffeine a month ago from South Corolina. According to The Washington Post, he drank McDonald's latte and large Moun-tain Dew for about two hours, followed by a 16-ounce caffeinated alcohol beverage. The harmful ef-fects of caffeine can begin with the facts that one energy drink, typically in 4 or 8-ounce bottles con-tains about 300 mg of caffeine, 75 % of the daily maximum recommended. Caffeine lovers should be made aware of how the drug affects the body at various intake rates ? ("A wake-up call on harmful effects of caffeine ").

The article, " Is Caffeine Bad For You ? How to Safely Get Fix ? ", Janae Brown says that caffeine has a few negative but also positive effects. If you prefer your black coffee, or your an energy drink, you can begin your day, there may be prohabilities that you may get excessive amount of a good thing. Brown determines that the health risk of caffeine is how much we should have it per day ? Ac-cording to her, if we drink too much caffeine on an empty stomach, we could have experienced feelings of jittery, tension and restless. Short term effects of caffeine are: raised blood pressure, trouble sleeping, insomnia. Long term effects of caffeine are: pulpitations or other heart diseases and mental health changes. Brown says that caffeine can also has health benefits, such as reducing the risk of stroke, Per-kinsin's disease and dementia. From regular black coffee or coffee beverages, we consume between 50-500 mg of caffeine. A typical can may has 25-50 mg of caffeine. A cup of tea only contains 5-50 mg of caffeine. Energy drinks contain the most caffeine: they have 25-150 mg of caffeine in only to eight ounces (" Is Caffeine Bad For You ? How to Safely Get Fix ? ").

According to Astrid Nehlig, " Effects of caffeine ", Food Regulation Authorities concluded that

coffee / caffeine is not harmful if consumed in leaves if 200 mg at a time, about 2 ½ cups of caffeine, or 400 mg daily, about 5 cups of coffee. Caffeine has many positive effects on the brain too. It can disturb sleep, but only in sensitive people. Caffeine can enhance the effects of conventional pain drugs for headache and migraine. Lifelong coffee / caffeine intake has been associated with provention of cognitive decline, and a power of stroke. It seems that consumption doesn't affect occurrence of sei- zures. Daily coffee/caffeine intake can be part of a realthy balanced diet; its consumption shouldn't be stopped in elderly people.

Illicit Drugs are those drugs that are illegal to make, sell and use. Illegal Drugs means it is prohabited by law. These drugs are substances that either stimulate certain amounts of cocaine or ampheta- mines and suppress, for example, heroin, the central nervous system, then cause hallucinogenic effects such as marijuana. Illicit Drugs have three things in common: 1. affects normal brain function, 2. dan- gerous to our health and 3. can result in drug dependence and addiction. In article " Illicit drugs: Ef- fects on eye ", Deepika Dhingra, Savleen Kaur and Jagat Ram say that there are illicit drugs or chemicals that cause unwanted psychological changes in our body. Some can contain ophthalmic effects. Alcohol. Alcoholic abuse is becoming a major public health problem in India. Ethanol is found in tears. Nicotine. A cigarette can affect various body structures owed on toxicity of elements and oxidative linked with free radicals. Smoking increase the risk of cataract. Opiates. Opiates include morphine, me- peridine and methadone. Stimulants. Stimulants include cocaine, amphetamine and metham-phetamine. Cocaine. Cocaine used with alcohol. Cocaine with high concentrations can cause cycloplegia. Prescription stimulants. Prescription stimulants include amphetamines, methylphenidate, phometazine and oximetazoline. These drugs can occur in the develop of dilated pupil and glaucoma. Hallucinogens. These drugs can cause hallucinations, rechlessness, sleeplessness, slurred speech, loss of coordinated pupil dilation (Dhingra, Deepika; Kaur, Savleen; Ram. Jagat. " Illicit drugs: Effects on eye").

In Conclusion, Tobacco and tobacco smoke can make many people uncomfortable. CO from cigarettes can be harmful to people with chronic heart or lung disease. Caffeine is a very powerful but unrecog-nized drug. There are positive and negative effects of caffeine intake. So caffeine intake should be limited. Everyone should stay away from Illicit or Illegal drugs because these drugs can ab- sorb our life. We can also fall our life due to these drugs.