Tobacco: Danger And Consequences

A drug is a substance that has effects on the functioning of the body. There are three sorts of drugs which have big impact on health: Tobacco, Caffeine and Illicit Drugs. Some people assume that Tobacco, Caffeine and Illicit Drugs should be limited because they can cause serious health problems. It is true that these drugs may cause many health diseases, but wellness is very significant for our life, and the usage of these three drugs can affect all people's bodies and have many dangerous effects on human health. Tobacco products some harmful parts and tobacco smoking is a significant concern as a result of it harms the health of each people who smoke and non smokers.

Tobacco is a plant at the beginnimg from America. Its leaves contain high levels of the addictive chemical nicotine and lots of dangerous chemicals: Poly Aromatic Hydrocarbons (PAHs). Tobacco smoking is a major danger issue for heart attacks, strokes, prolonged bronchitis, a number of cancers (lung cancer: corcinoma) and high blood pressure. It is generally impacts the heart and liver. Smoking kills many people than alcohol, car crashes, murder and drug combined. It makes 87% of lung cancer deaths. Based on "Tobacco and Heart Disease", by Imphal Free Press, smoking tobacco has dangerous effects, which are arrhythmia, carbon monoxide, atherosclerosis, and heart attack. 1. Arrhythmia is an irregularity of heart rate. It might probably be too fast, or too slow, and might be as a result of coronary disease. 2. Carbon monoxide is a chemical substance, contained in tobacco smoke that is produced by burning tobacco. This will increases the power of blood cells to ship oxygen (chemical element) to the heart, brain and skeletal muscles. 3. Atherosclerosis usually occurs in large vessels of the heart, but it may occur in the blood vessels of the heart and other parts of the body too. So it accelerates and threat-ens life. 4. Heart attack may cause chest pain and low blood pressure to the brain is blocked. This could result in incapacity loss of life ("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 organizat- ion 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 tobacco consumption and save lives. So, tax will increases the greatest tobacco control. According to article, there are 8 dangerous consequences 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 will increase the levels of neurotrans-mitter dopimine, which causes dependence with during extended exposure. 3. The withdrawal symph- toms are when we try stop smoking, include irritability, sleep disturbances, difficulty consideration with cravings. 4. Tobacco will increase the risk of lung and oral cancers. 5. Pregnant women who smoke, pos sess a threat of abortion or untimely infants or teenagers with low bit weight. 6. people, who are sec-ond-hand smoker, extend 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 infections reminiscent pneumo-nia and bronchities. 8. Children who are second-hand smoker too, are at an increased risk for adrupt little one demise syndrome, ear problems, and extreme asthma.

Caffeine is the central nervous system stimulant drug of the category of methylxanthine that travels between the brain and the body, It happens in nature as part of the coffee, tea, soft drinks, choco-lates, yerba mate, cocoa, other plant and a few nuts. It may increase heart rate and blood pressure, imp-acts the overall health of a person. Caffeinated coffee cuts more importantly for the most part of mouth and throat cancer risk by 50 percent. It can also reduce the risk of stroke by 22 percent too. Long term effects of caffeine increase urinary excretion of calcium and magnezium (more than 744 mg/day). Ef- fects of caffeine are: difficulty sleeping, hestlessness, irritability and headaches. Utilizing more than two cups of coffee or tea a day causes chronic continual 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 possess positive and negative health effects. According to Glenn Ellis, who is a Health and Wellness Educator and Writer, in article "Good-bad news on effects of caffeine", he says that caffeine has been a longtime on the check not for people hoping to be with lead for a healthy lifestyle. Doctors noted that caffeine negatively impacts the nervous system, and this could extend anxiety, stress and cravings for food. Accor-ding to recent studies, coffee / caffeine has a lot of medical benefits. Regular consum-ption of 350 mg of caffeine per day causes bodily dependence on the drug, which indicates that interruption of normal use causes a withdrawal syndrome, a more significant feature of which is most excessive headache, which can be reduced by taking caffeine. The abuse of caffeine as well as makes regular users feel irri- table. Like the fact, caffeine can stimulate adrenaline, produces extra adrenaline, which ends up in its growth (Ellis, Glenn. "Good-bad news on effects of caffeine").

Other article of dangerous effects of caffeine is the article "A wake-up call on harmful effects of caffeine". According to this article, amount of caffeine is in a cup of coffee get us going to the begin-ning of the day. This ceremony change into a day by day time table 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 circumstances 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 Mountain Dew for about two hours, adopted by a 16-ounce caffeinated alcohol beverage. The harmful effects of caffeine can begin with the facts that one energy drink, most often in 4 or 8-ounce bottles con-tains about 300 mg of caffeine, 75 % of the daily maximum recommended. Caffeine lovers must be made responsive to how the drug impacts the body at various intake rates ? ("A wake-up call on harmful effects of caffeine").

In 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, a few negative but also positive effects. If you choose your black coffee, or your an energy drink, you could begin your day, there might be prohabilities that you could possibly get excessive amount of a good thing. Brown determines that the health risk of caffeine is how much we should have it per day ? According to her, if we drink too much caffeine on an empty stomach, we will have skilled emotions of jittery, tension and restless. Short term effects of caffeine are: raised blood pressure, trouble sleeping and insomnia. Long term effects of caffeine are: pulpitations or different heart diseases and mental health changes. Brown says that caffeine can also has health benefits, compurable to cutting back the chance of stroke, Perkinsin'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, who is from the French National Medical Research Institute (INSERM), " Effects of caffeine ", Food Regulation Authorities concluded that coffee / caffeine just isn't dangerous if consumed in leaves if 200 mg at a time, rougly 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 make stronger the result of standard ache drugs for headache and mig-raine. Lifelong coffee / caffeine intake has been to provention of cognitive decline, and an influence of stroke. It seems that consumption doesn't have an effect on incidence of seizures. Daily coffee / caffeine consumption will likely be a realthy balanced diet; its consumption shouldn't be stopped in elderly peo-ple.

Illicit Drugs are those drugs shich are illegal to make, sell and use. Illegal Drugs means it is pro-habited by law. These drugs are substances that either stimulate sure qualitities of cocaine or ampheta- mines and suppress, for example, heroin, the central nervous system, then cause hallucinogenic effectssuch as marijuana. Illicit Drugs have three things in common: 1. affects normal brain function, 2. dan- gerous to our health and 3. may result in drug dependence and addiction. Deepika Dhingra is an assis-tant Professor (Finance) in School of Management at Bennett University. Savleen Kaur works in Post- graduate Institute of Medical Education and Research Department of Ophtalmology. Jagat Ram is an ophtalmologist and Director of Postgraduate Institute of Medical Education and Research in India. In article "Illicit drugs: Effects on eye", written by Deepika Dhingra, Savleen Kaur and Jagat Ram, they say that there are illicit drugs or chemicals that cause unwanted psychological chandes in our body. Some can contain ophthalmic effects. Alcohol. Alcoholic abuse is turning into a primary inhabitants health problem in India. Ethanol is came across in tears. Nicotine. A cigarette can affect various body structures owed on toxicity of components and oxidative linked with free radicals. Smoking increase the risk of cataract. Opiates (Narcotic). Opiates contain morphine, meperidine and methadone. Stimu-lants (Excitant). Stimulants contain cocaine, amphetamine and methamphetamine. Cocaine. Cocaineusually used with alcohol. Cocaine with higher concentrations could cause cycloplegia. Prescription stimulants. Prescription stimulants contain amphetamines, methylphenidate, phometazine and oximeta-zoline. Theses drugs may occur with swell of dilated pupil and glaucoma. Hallucinogens (Psychodelic drug). These drugs could cause hallucinations (delusion), rechlessness, sleeplessness, slurred speech, lack of coordinated pupil dilation (Dhingra, Deepika, Kaur, Savleen, Ram, Jagat. "Illicit drugs: Effects on eye").

In Conclusion, Tobacco and tobacco smoke could make many of us uncomfortable. CO from cigarettes can be dangerous to people with chronic heart or lung disease. Caffeine is a extremely highly effective but unrecognized drug. There are positive and negative effects of caffeine intake. So caffeine consumption needs to be limited. Everyone should stay away from Illicit or Illegal drugs because these drugs can absorb our life. We can also fall our life due to these drugs.