

Formation and Development of the Problem of Smoking in the World

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ABSTRACT

This article discusses issues related to the history of the emergence and development of smoking in various countries of the world. Historical facts are given, as well as the negative consequences of a bad habit. In the process of writing the article, the analysis of smoking statistics in several countries was carried out.

KEYWORDS: *smoking, psychological dependence, physical dependence, tobacco, nicotine, smoker, passive smoker.*

The first information about smoking is given in the writings of the ancient Greek historian Herodotus, who wrote that the Scythians lit plants and breathed them. When the famous explorer Christopher Columbus arrived on the American island of Guanaan in the 15th century, the inhabitants of the island presented dried plant leaves as a gift to Columbus and his navigators. They named this plant Petum. It is assumed that the indigenous people smoked, chewed and swallowed this plant. They called the tobacco leaf wrapped in a pipe "Tobacco" and "Cigar". When dried tobacco was wrapped in a tube, it was initially believed that it was a medicinal substance, and that tobacco smoke repels various diseases, refreshes and soothes a person. When Columbus' sailors returned to Spain on March 25, 1493, they brought tobacco. As a result, the smoking habit gradually spread to European countries. Later, with the return of foreigners America to England, tobacco spread to many countries as a result of sowing and propagation of tobacco plant seeds. In the middle of the 15th century, tobacco spread across France. This was caused in 1560 by Jacques Nico, the French ambassador to Portugal, who recommended tobacco pills to the French Queen Catherine Medici and one of his sons to get rid of a headache. [1] At the end of the 15th century, smoking spread to countries such as Spain, England, the Netherlands, Portugal and other European countries. Tobacco was brought to Russia in 1585 by merchants under Ivan the terrible. Smoking or taking the solution often led to severe poisoning or death. [2]

Smoking was banned under the Romanov dynasty. At the end of the 16th century, smokers were beheaded in England. In 1697, Peter the Great banned smoking in Russia. At the end of the XIX century, tobacco was grown in more than 30 provinces of Russia. During the Great Patriotic War, tobacco production decreased significantly. After the Great Patriotic War, tobacco production grew from year to year.

Over the next half century, production and consumption increased significantly in all countries of the world. Tobacco production per capita in the Netherlands has doubled, in the USA - 2.8 times and in Sweden - 5 times. Czechoslovakia sells 27 billion cigarettes a year. This is equal to 1800 per person. In 1976, 81 billion cigarettes were sold in France, and in 1977, 84 billion cigarettes were sold. In the USA, Canada and the UK, 2 times more cigarettes are smoked than in France. In the United States, 50 million people are smokers, which is 37 percent of the population, and smoking kills 6 people per minute. Every year around the world 3 million people die from smoking. Tobacco kills 20 percent of the population in different countries. In 1995, 43% of men and 7% of women died from smoking.

Nowadays, smoking has spread all over the world. In the UK, 75 percent of men and 27 percent of women smoke. In the United States of America, half of 18-19-year-olds and a quarter of high school students smoke. In Denmark, 81 percent of male students smoke, 56 percent of girls. In Italy, 55 percent of teenage boys and 55 percent of girls smoke, in Sweden - 46 percent of teenage boys and 36 percent of girls. Most often, smoking begins at the age of 9.

What is the reason for the prevalence of smoking? The researchers found that the reasons for smoking are different: the first reason is curiosity, the taste of tobacco, and the second reason is imitation of adults. A person who has smoked once will be tempted to smell cigarette smoke again, he will want to smoke again, and then smoking will become a habit.

Tobacco contains many chemicals. In 1809, nicotine was isolated from tobacco leaves. Nicotine is the main substance affecting the human body. The temperature of the cigarette is 300 degrees. This is an excellent chemical plant for the production of cigarettes, which secretes more than 4,000 different chemical compounds, including 40 different carcinogens. The composition of tobacco smoke includes the following substances: carbon dioxide, carbon monoxide, hydrogen cyanide, ammonium, isoprene, acetaldehyde, acrolein, nitrobenzene, acetone, hydrogen sulfide, zinc acid and others. Cigarette smoke also contains solid particles, nicotine, water and tar. Tobacco resin contains polycyclic aromatic hydrocarbons, including nitrosoamines, aromatic amines, isoprenoids, pyrene, benzopyrene, chrysene, anthracene, fluoroethane. In addition, the resin contains simple and complex phenolphenes, radioactive compounds of potassium, lead, and polonium.

How does smoking affect the human body? When a person smokes cigarettes, he inhales tobacco smoke, CO₂ gas (carbon dioxide) enters the bloodstream instead of oxygen in the lungs, disrupts the metabolism in the body, which, in turn, leads to a shortage of oxygen in the body. Ammonia in tobacco turns into alkaline alcohol in the presence of moisture in the alveoli (cells) of the lungs. This alkali affects the mucous membrane of the lungs, causing bronchitis in the smoker. As a result, the resistance of the lungs to various infectious diseases decreases. Scientists estimate that 90 percent of people with tuberculosis smoke. Carcinogens in tobacco cause cancer in smokers. Nicotine in tobacco is a strong poison. 0.1 grams of nicotine kill a person. This dose is stored in 20 cigarettes. If a smoker smokes 20 cigarettes a day, he will smoke 200,000 cigarettes in 30 years, which means (160 kg) of tobacco.

This number of cigarettes contains 800 g of nicotine. A smoker consumes a lethal amount of nicotine per day. But this nicotine enters the body in small quantities. Nicotine primarily poisons the nervous system. People who smoke for a long time have trembling hands, difficulty breathing, nausea and vomiting. Nicotine affects the sympathetic and parasympathetic nervous systems. Initially, the patient has a rapid contraction of the heart, an increase in blood pressure, spasm of peripheral blood vessels, dilation of the coronary arteries of the heart. An increase in nicotine in the blood causes a patient to have a heart attack. Tobacco smoke sharply narrows the rim, and then expands it. Smoking reduces a person's memory, and a person loses weight. As a result of smoking in young adolescents, the child lags behind in growth and development, changes occur in spermatozoa, as a result of which impotence may occur.

The effect of ascorbic acid, furosemide, heparin estrogens in smokers is reduced. Therefore, it is difficult for smokers to treat high blood pressure, diabetes mellitus, heart disease, stomach ulcer, respiratory diseases. Nicotine has a very negative effect on the function of the adrenal glands. In addition, nicotine causes an exacerbation of atherosclerosis. Chronic smoking negatively affects the function of the spine. In particular, smoking cigarettes in girls has a detrimental effect on all organs. Smoking girls lag behind in development, often get sick, the menstrual cycle is disrupted. Chronic smoking disrupts the mood of the girl, the girl reaches puberty early. Smoking women age quickly,

wrinkles appear on the face, skin color changes. 30% of women who smoke develop Basedov's disease. It should be noted that since non-smokers stay close to smokers, smokers' diseases can also occur in non-smokers, since non-smokers are passive smokers. Numerous studies have shown that it accelerates the process of blood clotting. Increased atherosclerosis of peripheral arteries leads to the development of endarteritis in the arteries of the lower extremities. As a result, a person feels pain in the ankle joints, then loses the ability to walk.

Treatment of cigarette smoking is a complex issue. The essence of smoking cigarettes is that a person feels physical and psychological relief through smoking. There are 3 stages of nicotine addiction: the first stage is related to living conditions, 2 - addiction, 3 - addiction.

In the first stage, a person smokes five cigarettes a day. It is not difficult to prevent the absorption of nicotine by the body.

The second stage - constant smoking (5-15 cigarettes a day) is physically attached to the cigarette. Moderate abstinence occurs, the internal organs are slightly damaged. When a person quits smoking, he recovers.

The third stage is acute abstinence, severe abstinence, high physical dependence. (1 - 1.5 packs of cigarettes per day). Nicotine is also taken after meals and at night. Internal organs are severely damaged, and the nervous system is poisoned.

Quitting smoking is not only possible, but also necessary. If a smoker does not want to quit smoking, no treatment will help. Every smoker should have his own desire. Many countries of the world are struggling with the harmful effects of smoking. The World Health Organization (WHO) pays great attention to smoking.[3] In the United States, for example, an image of a skull is painted on a pack of cigarettes and written about the dangers of smoking. In France, smokers in public places are fined. In the UK, ads are posted about the dangers of smoking in public places.

In the prevention of smoking, in order to prevent the habit of smoking, and to carry out propaganda work with smokers about quitting smoking, it is considered necessary to take the following measures:

- a) to carry out explanatory work against smoking cigarettes and on piles among children;
- b) reading reports and interviews with smokers about the dangers of smoking, nasal congestion, otherwise they will not have enough information about the dangers of smoking;
- c) measures to reduce the toxicity of tobacco smoke;
- d) measures to reduce the impact of active smokers on non-smokers;
- e) coverage of the dangers of smoking cigarettes and snuff on radio, television, in various media;
- f) to promote the harm of smoking, taking into account the psychological characteristics of adolescents.

The International Smoking Cessation Day is celebrated annually on the third Thursday of November. In 1977, the American Cancer Society introduced the first smoking cessation day after studying the sad statistics of cancer patients. Soon the whole world began to join this useful initiative. On the International Day of Quitting Smoking, it is advisable to remember all the dangers of this bad habit.

Nicotine causes people, as well as alcohol and other psychotic active substances that interfere with metabolic processes in the body and affect the activity and physiological functions of the brain. In this way, a physical attachment to tobacco is formed. A person gets used to the constant flow of nicotine. When quitting smoking, there is a feeling of anxiety and anxiety. This is a signal of physical dependence. The need for smoking equals the need for food.

The World Health Organization reports more than 25 diseases (cardiovascular, lung and cancer) that develop in the body under the influence of smoking. A long-term study by scientists from the British Medical Research Council has provided convincing scientific evidence that lung cancer and myocardial infarction are associated with smoking. 70% of deaths from coronary heart disease and stroke occur in people who smoke and drink alcohol. According to statistics, every smoker shortens his life by 18 years.

- Today there are about 1.2 billion smokers in the world, and their number is constantly growing, both among young people and among women.
- Every tenth smoker dies of cancer. Most of those diagnosed with cancer are smokers.
- Smoking increases the harmful effects of other diseases. For example, this disease is accompanied by very severe heart or lung diseases in non-smokers.
- The absurd notion persists that smoking helps prevent mental retardation in old age. In general, the positive aspects of smoking in modern medicine have not been confirmed.
- Quitting smoking is not as difficult as many people think. Sixty percent of those who gave up the habit said it was much easier later and that they could have given up much earlier if they had known.
- Cigarette butts are also harmful, they rot for an average of 10-15 years and damage the fall site.
- Tobacco smoke contains more than forty carcinogens, such as arsenic, formaldehyde, lead, nitric oxide and ammonia. Even if it is harmless, the stench that occurs when a smoker enters the body irritates everyone.
- Two actors dressed as cowboys in a popular cigarette commercial in the United States have died of lung cancer.

According to WHO, about 6 million people die annually from the harmful effects of tobacco products on the human body. 12% of them are non-smokers (passive smokers). Unfortunately, children remain passive smokers. That is, they inhale tobacco smoke mixed with air as a result of smoking by people around them. Scientific studies show that even passive smoking increases the risk of illness, disability and death.

Smokers need to think more seriously about quitting a bad habit, especially during a pandemic. Smoking has been proven to increase the risk of oral transmission of COVID-19. In addition, pneumonia caused by the corona virus is more severe in smokers whose lungs are damaged due to a bad habit. According to American scientists, severe cases of corona virus are more common among smokers than among non-smokers. Tobacco smoke also blocks interferon's, which trigger the primary immune response to the disease.

There are more than a hundred ways to quit smoking in the world. Psychologists say that the most difficult part of the process of quitting smoking is to survive the first three days. It is recommended to provide assistance to people who have difficulty quitting this bad habit. The creation of centers for those who want to quit smoking, which would function free of charge, would help the population in the fight against smoking. In these centers, qualified specialists could provide services to those who consume tobacco, as well as clients could help each other based on their life experience.

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