



The Side Effects of Smoking

1. Khalimova Dilrabo Jalilovna
2. Boltaeva Zaringisu Farkhodovna

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Abstract: Smoking is clearly associated with the development of lung cancer, emphysema, chronic bronchitis, angina, stroke, causes sudden death, aortic aneurysm and peripheral vascular diseases, as well as other serious pathology of internal organs. In Europe alone, the annual number of deaths related to tobacco use is about 1.2 million (14% of all deaths). The recent increase in mortality rates from cancer of the trachea, bronchus and lung can serve as a marker of retrospective trends in the increase in the prevalence of smoking.

Key words: smoker, herbal drug, smoking process.

¹ Assistant of the Department of propaedeutic of internal diseases of Bukhara State Medical Institute named after Abu Ali ibn Sino
dilrabo.halimova@mail.ru

² Republican Scientific Center for emergency medicine Bukhara branch
resuscitator doctor
Zaringisuiforzoda0710@gmail.com

Nicotine by itself does not cause significant harm, except for smoking during pregnancy. But for most people, smoking leads to the development of dependence on nicotine, so it should not be considered a bad habit, but a disease as dangerous as addiction to alcohol and drugs. The particular danger of nicotine addiction is that it does not allow the smoker to give up tobacco consumption, which causes catastrophic harm to health.

Smoking is an established type of youth behavior. In Europe as a whole, about 30% of young people aged 15-28 years smoke, and in recent years there has been a slight upward trend.

According to estimates, 15,500 people - 15,000 men and 500 women - lose their lives annually in the Republic of Belarus as a result of this disease. At the same time, about 2,000 people die in road accidents every year. The average life expectancy loss of smoking Belarusians is 18 years for all ages, and 21 years for ages 35-69.



A person's health depends on half of the person himself, on the lifestyle he leads, and only the remaining 50% are related to hereditary factors, environmental conditions, and the activities of medicine.

A healthy lifestyle includes not only the rejection of health destroyers (bad habits); but also physical activity; rational nutrition; hardening, personal hygiene and, of course, positive emotions.

Tobacco is the dried leaves of shrubby plants Nicotine tobacco. Tobacco is the most widespread, popular and affordable herbal drug in the world, having in its chemical composition one of the most poisonous plant alkaloids (nicotine). Different varieties of tobacco contain from 0.3 to 7% nicotine, which is produced in the roots of the plant, and from there enters other parts, including the leaves. Despite the fact that tobacco did not grow everywhere in America, its cult spread throughout the continent. Among the Indians, tobacco was quoted as a currency. Tobacco was used for a variety of purposes: for magic; as a medicine in the form of decoctions, ointments; to arouse aggressiveness before a fight and calm down after a victory.

Currently, tobacco smoking occupies the first place among all addictions to all kinds of substances, in particular narcotic ones. According to research, smoking is widespread in all countries of the world and it covers about 1.2 billion inhabitants of the planet (China's contribution is significant, where about 67% of men smoke). Smoking is especially common in developing countries, where on average about 50% of men and 9% of women smoke. In developed countries, with the growth of emancipation,

the proportion of women who smoke has increased to 22%, compared to 35% of men who smoke. The constant increase in smoking among minors is alarming: on average, about 25% of boys and 15% of girls smoke constantly, and in some countries, their number is comparable to adults.



Such prevalence of smoking makes it one of the most important problems of health care and society as a whole. Despite the apparent "ease" of smoking: "it's just a bad habit, it's not alcoholism and drug addiction," it's smoking, not drugs or alcohol that causes the greatest damage to the health of society. In developed countries, men's tobacco use is responsible for 26.3% of all deaths, shortening their lives by 17.1 years. Moreover, on a global scale, the death rate from smoking exceeds alcohol by more than 2.5 times, also reducing the lives of all people more.

The behavior of others becomes a model for each child in the process of his development, because it is known that imitation (copying) is one of the ways of learning. Of course, children love to imitate. When they see parents, teachers, older children smoking, they naturally want to repeat what others are doing with such great pleasure. The most significant negative role for children is played by smoking family members.

One of the important reasons for the widespread prevalence of smoking is the advertising activity of cigarette manufacturing companies. New promotions, bright conscription advertising, interesting prizes, the use of images significant for teenagers (freedom, strength, independence) are perceived very attractive and have the greatest impact on teenagers, despite the fact that the sale of cigarettes to minors is considered illegal. Advertising, it seems to us, plays a significant role in initiating smoking, to a lesser extent influencing already smokers.

The individual risk of developing addiction is determined by the physiological (genetic predisposition) and psychological characteristics of a person (lack of positive adaptation strategies), the peculiarities of his social situation (influence from the environment) and life circumstances (high levels of stress). Nicotine addiction is a multifactorial disease, and from the point of view of the biopsychosocial approach, biological, psychological (personal) and socio-cultural factors are involved in its development. The most important role is played by socio-cultural factors (family, environment, "myths about smoking", traditions of society, etc.).

Smoking is a consequence of economic conditions, state policy, cultural traditions. Unfortunately, it should be noted that very often smoking becomes a habit of poorly educated and low-income people. The liberal policy of the state regarding smoking and the sale of tobacco contributes to its widespread

distribution in society. The development of smoking is closely related to parents' attitudes towards tobacco, smoking characteristics, parenting style and interaction with children.

Important reasons for smoking are the "myths" existing in society: smoking is good for work; it relieves fatigue; helps to lose weight; "relieves" stress. For example, it is widely believed that tobacco improves performance. So the smoker smoked a cigarette and got down to business with increased energy. But very little time passes, and he takes up a cigarette again. Under the influence of tobacco smoke, there is some activation of the brain, which is perceived subjectively by the smoker as some kind of surge of new strength. But after a few minutes, a decrease in brain activity develops, and it is more pronounced than before. As a result, there is a decrease in performance and a desire to increase it with a new cigarette, i.e. nicotine becomes "doping" for work.

The apparent rise in energy when smoking can also be explained by the conditionally reflex influence of the very fact of smoking a cigarette. As a result of the constant coincidence in time of the smoking process with the beginning of work, a strong connection is formed between these two actions. The moment of lighting up, as it were, signals the beginning of work. It seems to a person that without a cigarette he simply cannot start work. A smoking person is like Pavlov's dog, whose saliva flows at the sound of a bell. And in fact, a smoking person often has saliva at the sight of a cigarette, because smoke irritates the taste buds of the tongue, and this forms a reflex.

A person may have certain beliefs about himself: "I can easily quit smoking if I want to." In addition, his expectations regarding how he will feel "after smoking": "cheerful, active, thin, etc." For example, if someone's first experience of smoking led to relaxation, then he can continue to expect this feeling, even if in fact he has been smoking lately he became irritated. Negative emotional states increase the likelihood of nicotine use, since it can provide negative ("stress relief") and/or positive ("mood boost") reinforcement. As mentioned above, personality traits such as the desire for intense sensations cause a higher risk of developing smoking.

Anxiety disorders and mood disorders (depression), severe psychoses and personality disorders, alcohol and drug addiction are closely related to the development of smoking. In these people, the risk of addiction increases many times, and their smoking is much more severe.

Statistics inexorably show that mortality from myocardial infarction among smokers is 5 times higher than among those who do not smoke, and hemorrhage in the brain is observed 3-4 times more often. The thing is that nicotine and other harmful substances cause spasms and vasoconstriction, especially of the heart and brain, as a result of which blood pressure rises, and "hypertension" develops. The vasoconstrictive effect of cigarette smoke has long been known. Smoking even 1 cigarette can cause persistent vasoconstriction. The main substance that has a vasoconstrictive effect and disrupts blood flow is nicotine. Smoking activates the sympathetic nervous system, which, in turn, leads to the release of catecholamines and to the narrowing of peripheral blood vessels. Smoking reduces oxygen supply to tissues and increases blood viscosity, which can contribute to thrombosis of myocardial ischemia and brain.

Terrible complications of hypertension are strokes with paralysis of the arms, legs, lack of speech, impotence, inability to retain feces and urine. Vascular dysfunction can lead to obliterating endarteritis - persistent spasm of the vessels of the legs, accompanied by lameness and necrosis of the limbs, which quickly leads to amputation of the legs and permanently chains a person to a wheelchair.

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