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Does cigarette smoking is cause of cancer?

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Abstract

This is a dilemma question because consumption of tobacco in any form is harmful to health is true but we need to pay attention as to how smoke is harmful to the human body. Today, consumption of cigarettes/bidis by health organizations all over the world is considered as a major cause of cancer. But can smoking only cause cancer? One thing to be noted here is that if we apply some precautions while smoking, there might be a possibility to avoid lung infection or cancer.

Keywords: Dilemma, consumption, tobacco, lung, infection

Introductions

Today, cancer is spreading rapidly not only in India but all over the world. The disease has spread the most in the UK, according to a research, 54% of men and 48% of women suffer from cancer. In the other two states, 42% of men and 38% of women have been diagnosed with cancer. These figures can give an idea of how fast the disease is spreading. Nowadays this deadly disease has become as common as fever. Cancer is born through the natural process of human development. We studied and surveyed different places and found some remarkable results that will change the conception of lung cancer. In this respect surveying people of various sections/category of the society at different places that are absolutely shocking. We found out from 50 men between the ages of 45 and 75 years see table1, they have been smoking from a very young age and have smoked more than a packet daily for the last twenty years or at least twenty cigarettes daily for the last fifteen years, but so far no infection was found in their lungs and they are leading a normal life and don't have any physical problems. Here we have another positive example. We have learned a wonderful thing from many saints at various places in India like Haridwar-Rishikesh, Kedar-Badrinath Dham, Chitrakoot, Gangasagar, Baidyanath Dham, that they have been consuming more than 20 to 50 grams of tobacco along with Ganja daily through Chillum group Smoking, but it is surprising that at the time of his death, his average age was around 65-75 table2 and his death was due to hunger and not lung Infection. Reason is most of the monks -Saint live in the mountain areas away from city pollution.

Table 1: Contain only male average survive without lung infections:-

Age Groups	Consume Tobacco daily	Food Habits	Leaving Area	Profession	Survive	Remarks
20-50	10-30 gram daily Bidi-Cigarate	Non-veg/veg both	Metropolitan city area	Service/business	70+ years	Normal Death
50-70	25+ gram daily (cigarate,sigar or bidi)	vegetarian	City area	Service/business or Retired person	75+ years	Reason of death Heart/Sugar problems
70-80	25+ gram daily (cigarate,sigar or bidi)	vegetarian	Rural area	Business/Retired	80+ years	Reason of death old age problems

Table 2: Contain only male Monks/ Hermits

Age Groups	Consume Tobacco daily	Food Habits	Leaving Area	Survive	Remarks
45-55	20-50 gram	Fruits-edible materials	Hill/mountain	70+ years	Normal Death
55-65	25-50 gram	Fruits-uncooked materials	Hill/away from city	70-75 years	Starvation diet
65-75	25-50+ gram	Fruits-milk	Hills/mountain	75+years	Late age problems or fasting

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They totally survived on fruits or other edible materials which they received from pilgrimage and devotee as donation/dakshina, in this respect such type of food somehow made them resistant to a lot of diseases as compared to other common people, which keeps them safe from infection and diseases and fat free. Consequently, it is a very much surprising thing. It is important to say that we should take some prior precautions to avoid harmful diseases by taking vaccination, medicinal drug, diet and avoiding lifestyle to protect from AIDS, dengue - malaria, small pox and other infectious diseases. Some important measures have been observed to avoid the lung infection.

1. Smoking is always done in a sitting and in a relaxed mood, not while drinking tea/coffee, in the office or while doing any work, in the time discussion in meeting, while eating food, while walking or driving vehicles such as cars, bikes and bicycles, inside the toilet and bathroom.
2. It is necessary to do some regular exercise such as swimming, breathing in and out of the water, in the early morning excursion in the open air at least 30 to 40 minutes.
3. Take vitamin C supplements regularly.
4. Orange, Moosambi lemon, Pomegranate, pineapple, Pomelo and Lemon juice should be taken daily at least one glass or 100 gm.
5. Do not keep the smoke of cigarette / bidi for a long time inside the mouth or body remove it completely.
6. Do not share it with anyone else while burning cigarettes.
7. Avoid dusty areas, pollution of asbestos, smoke coming out of coal and vehicles, and from chemical impurities, and do not ingest them using a mask.
8. Get the doctor to check lame and chest regularly.
9. Stay away from a place where many people are smoking together.
10. Eat fast digestible food and avoid foods with acid and oil-fat.
11. Take a disciplined life as you sleep and wake up in time, take complete sleep, stay in a clean environment, pay attention to cleanliness of the body and avoid passive life style.
12. Drink lot of pure water. Do not use strong preservative, high fatty or process food of chemicals.
13. Eat more and more of the ingredients received from nature.
14. Take a long breath in the pond or swimming pool and dip it under the water, hold the breath for at least ten to twenty seconds and do this exercise left in the water eight to ten times, making the lungs strong.
15. Every day morning before the sun rises on the roof of the house or in an open field, closes one nose and take a deep breath from the other nose and leave air slowly. Do this exercise for at least ten to fifteen minutes alternately with both the nose holes so that the lung became healthy and strong.

Conclusion

Smoking is a no single cause of cancer. The air pollutants may be associated with lung cancer. Air pollutants include byproducts of fossil fuel combustion, exhaust from motor vehicles and diesel engines, and emissions from power plants and industrial centers. The long-term exposure to air pollution may increase an individual's risk of death by lung

cancer, cardiopulmonary disease and other illnesses. The other causes of cancer are hereditary, food habit and lifestyle and our physical activity levels have a direct risk of cancer.

Research suggests that. That means the non-genetic causes of cancer — the lifestyle choices we make, the foods we eat, and our physical activity levels — have a direct impact on our overall cancer risk. So it's necessary to take steps to reduce cancer risk as which effects everyone.

Yet the men are smoking because they think that they look smart and the men are saying that smoking helps them to flourish intelligence which helps during work in the mind. But the women think that try to look smart. Other women may feel that it is a pleasurable activity while in reality, it is quite the opposite.

As a result the smoke is injuring and damaging the health of people. We see diseases like oral, lungs and throat Cancer. These are also affecting the health of women. For women, smoking is very harmful especially during pregnancy. Today, in the corporate sector, men and women are drowning in smoke due to more night shifts. Apart from government rules and regulation, it is crucial that the citizens are aware of the various dangers associated which cigarette smoking. The can be achieved by regular awareness programmes. Cancer prevention is cost-effective, its effects are not limited to high-risk subjects but extend to the entire population, and it is not dependent on socioeconomic status. Regulatory measures can have a broad impact, even on future generations; by empowering and educating subjects, promoting healthy behaviors and teaching self-care, AS a closing remark I would like to say that while science continues its search for effective treatments, we need to make people more aware of lung cancer risks, how to avoid these and how to reach for medical help sooner than later.

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