

Articles

Say No to Tobacco

- Tobacco is a very dangerous poison. Tobacco smoke contains more than 4000 poisonous substances, including 48 substances leading to Cancer.
- As many as 50% of the smokers die from tobacco-related diseases.
- These diseases are responsible for 40 lakhs death in the world every year.
- The chances of death from cancer of the mouth due to the use of *guthka* and cancer of the lungs due to *bidi* or cigarette smoking are increasing.
- Foul breath and dirty teeth invites ill-health.
- Treat the tobacco habit as an enemy and fight it out. The victory will be yours.
- Remember that nobody has ever died on giving up tobacco. On the contrary, chronic users have miserable death consequences. It is true that tobacco addicts have to face certain difficulties for ten days or so but homoeopathy can help them out. If you succeed in facing these difficulties cheerfully for this period you will be obviously rewarded with good health and also with a lot of other benefits.

Harmful Effects of Tobacco

Tobacco contains a poisonous chemical called Nicotine. The use of this chemical in a small quantity produces some agitation in the body, a little more use produces weakness and its excessive use can lead a tobacco addicted to the door of death. *Bidi* or cigarette contains a poisonous gas called carbon monoxide, this poisonous gas of smoking harms the lungs.

Another poisonous substance in tobacco is coal-tar, which substantially increase the risk of cancer. Suppose you smoke for five minutes, you surely render yourself liable to decrease your life by five minutes.

Diseases resulting from the use of tobacco in any form (*Cigarette, bidi, guthka, Pan masal, pouch* etc.) is harmful for the body. It makes our body the store-house of all diseases. Some of these diseases are:

- Coronary Artery disease: This is a disease in which the heart unable to get proper supplies of blood. And leads to Heart attack.
- Chronic bronchitis: This disease is caused due to the damage caused on the inhaling of smoke in excess.
- Cancer of the lungs: 90% of smokers suffer from this disease. The probability of suffering from other diseases among smokers increases by 15% as compared to ordinary patients.
- Cancer of the other organs like mouth, throat, food pipe and bladder.
- Other diseases like peptic ulcer, dust allergy, allergic bronchitis and sinusitis.
- Passive Smoking: Inhaling the tobacco smoke is called passive smoking. 80% people who not themselves smoke suffer due to inhaling of the tobacco smoke let out in the air by the smokers. Particularly young children who come into touch with smokers fall prey to these phenomena. The pregnant women, who smoke passively, give birth to underweight child. It has been found that women whose husbands smoke are liable to suffer from lung cancer.

Symptoms after giving up smoking

The early symptoms shown by smokers after they have given up smoking are headache, restlessness, anxiety, fear, fatigue, boredom, excessive hunger, constipation, lethargy, agitation, vomiting, pain in the feet, giddiness, etc. But don't be afraid. Take the doctors help.

Beneficial effects of saying no to smoking

- After 20 minutes, the increased blood pressure and heart rate become normal. The flow of blood in hands and feet begins to normalize. This makes the cold feet warm.
- After 8 hours the quantity of oxygen in blood increases and the probability of heart attack decrease.
- After 24 hours poisonous monoxide is fully eliminated from the body, the phlegm in the lungs clears up.
- After 48 hours the fatal substance of nicotine starts eliminating from the body and breathing starts to improve.
- After 72 hours breathing becomes comfortable and the constriction of the breathing tube begins to decrease. The body feels energized.
- Between a fortnight and a year, blood circulation in the whole body becomes normal, which promotes physical health, including the ability to walk easily.
- After 7 months there is relief in cough, phlegm and breathlessness the capacity of the lungs increases between 5 to 10 percent.
- After 5 years, the probability of heart attack is reduced to 50% as compared to a smoker.
- After 10 years, the probability of suffering from cancer of the lungs is reduced to 50% as compared to a smoker. The probability of heart attack is just equal to that in the case of a non-smoker.
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Suggestions for completely getting rid of smoking

- Make a firm determination that you must give up smoking. This will free you from this habit for ever. Stop smoking and make every day an auspicious day of your life.
- Ask yourself why you want to stop smoking.
- Remove all the things related to tobacco, from your home for example, cigarette, *bidi*, *gutkha*, smoking pipe, ash-tray, and spittoon.
- Tell your friends and relatives that you have given up smoking. They will surely encourage you to be victorious.
- Change your very route which you followed during the pre-smoking days.
- Whenever you have a desire to use *gutkha* or to smoke, take about 15 to 20 deep breaths.
- Take 2 to 3 glasses of water after every meal. Consume at least 12 glasses of water every day to overcome the habit.
- Bath in warm water after some exercise which will give you relief.
- Talk to the people who do not smoke or have given up smoking.
- Add up the money you have saved by giving up smoking. You will yourself realize how stupid you had been in smoking away your money.
- When you have a strong urge to use tobacco in any form, chew aniseeds (*saunph*), clove (*laung*) or dry *amla*. Even if this does not help have a stroll for 20 minutes or do some exercise. This produces a chemical which is very helpful in getting rid of tobacco.
- Don't consume tobacco in any form, remember that you will get victory over this enemy.

Rajyoga can help

It is the experience of thousands of people that regular practice of Rajyoga helps in various ways to give up tobacco. Rajyoga increases will-power and tolerance, and purifies the soul, which creates a hatred for the bad habit. If you are addicted to tobacco, you can contact the nearest Prajapita Brahma Kumaris Centre for the education of Rajyoga free of charge.

Tips for increasing will-power

- As an intelligent person, just think in what ways the use of tobacco has harmed you.
- Be your own teacher and persuade yourself to resist its temptation when it occurs.
- Take a pledge not to take any intoxicant in future, realizing that you are a child of Almighty Supreme Father, who is the protector of all. Surely, He will help you. Success is your birthright. When you get rid of the use of tobacco, you will yourself wonder how the miracle has happened.
- Homeopathy provides effective treatment for removing the problems that result from giving up tobacco. Medicines like ----- can be used according to the symptoms. Some medicines may be taken to reduce the urge for smoking for this, contact a medical practitioner.
- So, let us make a firm resolve to get rid of tobacco addiction. If you help yourself, God will help you. The doctor is just an instrument to cure you.

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