

The Effect of Smoking and Alcohol on the Human Body

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ANNOTATION

A lot has been said about the dangers of smoking. However, the concern of scientists and doctors caused by the spread of this addiction is growing, as a significant number of people still do not consider smoking harmful to health. Smoking is not a harmless activity that you can quit without effort. This is a real drug addiction, and all the more dangerous because many do not take it seriously.

The problem of alcohol consumption is also very relevant these days. Now the consumption of alcoholic beverages in the world is characterized by huge figures. The whole society suffers from this, but first of all the younger generation is put at risk: children, teenagers, youth, as well as the health of expectant mothers. After all, alcohol has a particularly active effect on the unformed body, gradually destroying it.

The abuse of narcotic drugs and illegal trade in them have recently taken catastrophic proportions in many, especially developed countries of the world. The official press of the USA, Germany, France, England, Sweden almost daily reports on the death of their citizens, which followed as a result of the abuse of narcotic and psychotropic substances. Drug addiction has taken hold in many countries even.

Smoking is one of the most harmful habits. Studies have proven the harm of smoking. Tobacco smoke contains more than 30 toxic substances: Nicotine, Carbon dioxide, Carbon monoxide, Prussic acid, Ammonia, Resinous substances, Organic Acids and others.

Nicotine is one of the most dangerous poisons of plant origin. Birds (sparrows, pigeons) die if you just bring a glass stick moistened with nicotine to their beak. A rabbit dies from 1/4 drop of nicotine, a dog - from 1/2 drop. For a person, the lethal dose of nicotine is from 50 to 100 mg, or 2-3 drops. It is this dose that enters the blood daily after smoking 20-25 cigarettes (one cigarette contains about 6-8 mg of nicotine, of which 3-4 mg enters the blood). Systematic absorption of small, non-lethal doses of nicotine causes a habit, addiction to smoking.

Nicotine is included in the metabolic processes occurring in the human body, and becomes necessary. In children of smoking parents during the first year of life, the frequency of bronchitis

and pneumonia increases and the risk of developing serious diseases increases. Tobacco smoke delays the sun's ultraviolet rays, which are important for a growing child, affects metabolism, impairs the digestibility of sugar and destroys vitamin. C, necessary for the child during the growth period. At the age of 5-9 years, the child's lung function is impaired. As a result, in families where children smoke, especially at an early age, frequent acute pneumonia and acute respiratory diseases are observed. In families where there were no smokers, the children were practically healthy.

Children whose mothers smoked during pregnancy have a predisposition to seizures. They are much more likely to develop epilepsy. Children born to smoking mothers lag behind their peers in mental development.

Nicotine contributes to the development of many allergic diseases in children, and the smaller the child, the more harm tobacco smoke causes to his body.

Smoking teenagers, first of all, affects the nervous and cardiovascular systems. At the age of 12-15, they already complain of shortness of breath during physical exertion.

The statistics say: compared with non-smokers, long-term smokers are 13 times more likely to develop Angina pectoris, 12 times - Myocardial infarction, 10 times - Stomach ulcer. Smokers make up 96-100% of all lung cancer patients. Every seventh smoker for a long time suffers from Obliterating endarteritis - a serious ailment of blood vessels. Statistical studies have shown that people who smoke often have cancerous tumors of other organs - esophagus, stomach, larynx, kidneys. Smokers often have cancer of the lower lip as a result of the carcinogenic effect of the extract accumulating in the mouthpiece of the tube.

The role of smoking is also great in the occurrence of tuberculosis. So, 95 out of 100 people suffering from it, smoked at the time of the onset of the disease. Smokers often experience heart pain. This is due to a spasm of the coronary vessels feeding the heart muscle with the development of angina pectoris (coronary heart failure). Myocardial infarction in smokers is 3 times more common than in non-smokers.

Smoking can also be the main cause of persistent vasospasm of the lower extremities, contributing to the development of obliterating endarteritis, affecting mainly men. This disease leads to malnutrition, gangrene and eventually to amputation of the lower limb. Smoking can cause nicotine amblyopia. In a patient suffering from this ailment, partial or complete blindness occurs. This is a very formidable disease, in which even vigorous treatment is not always successful.

The harm of alcohol is obvious. With the systematic use of alcohol, a dangerous disease develops - alcoholism. Alcoholism is dangerous for human health, but it is curable, like many other diseases.

Drunkenness 'turns on the green light' to malignant neoplasms. The presence of carcinogenic substances in alcoholic beverages is not excluded. Being a good solvent, alcohol helps their penetration into the body. Alcohol abusers, especially at a young age, have a 10-fold higher risk of developing oral cancer, and if they also smoke, they are 15 times higher compared to non-drinkers.

Alcohol has a detrimental effect on brain cells (including cells regulating the activity of the reproductive system) and on the sexual centers located in the spinal cord, the activity of the mammary glands weakens, and in the future it may stop. With significant and frequent ingestion of alcohol into the body, cells of different organs eventually die. Under the influence of alcohol, almost all physiological processes in the body are disrupted, and this can lead to serious diseases. The tissue of the liver, kidneys, heart, blood vessels, etc. is reborn.

Alcohol also affects the blood vessels that carry blood to the brain. At first they expand, and the alcohol-saturated blood rushes violently to the brain, causing a sharp excitation of the nerve centers. That's where the excessively cheerful mood and swagger of a drunken person comes from.

And smoking, alcoholism, and, moreover, drug addiction are more and more forcing doctors to think, and just citizens thinking about their future generation, about how to warn people who have not yet succumbed to such harmful and harmful habits from addiction to these three evils of modern society.

Smoking, alcoholism and drug addiction are not only the problem of the "patient" himself (because I personally consider all three habits to be a disease that needs to be treated and treated), but also a problem of the whole society.

Smoking is a social problem of society, both for its smoking and non-smoking part. For the first - the problem is to quit smoking, for the second - to avoid the influence of smoking society and not to "get infected" with their habit, and also - to preserve your health from smoking products, since the substances included in the smoke exhaled by smokers are not much safer if a person smoked himself and took nicotine and much more what is included in a lit cigarette.

Alcohol "beats" not only the drinker himself, but also the people around him. Often men or women who are prone to alcoholism neglect their duties, friends, family and children in order to satisfy their need. Addiction to alcohol is the cause of various crimes. It is known that 50 percent of all crimes are related to alcohol consumption. Children often pay for their parents' alcoholism. Studies of mentally ill children have shown that the cause of their illness is often the alcoholism of their parents. The fight against alcoholism is the biggest social and medical problem of any state. The harm of alcohol has been proven. Even small doses of it can cause great troubles or misfortunes: injuries, car accidents, loss of working capacity, family breakdown, loss of spiritual needs and strong-willed traits by a person.

Even with narrowing, from the point of view of narcologists, the boundaries of drug addiction to legally acceptable in many countries, drug addiction is recognized as a social disaster. Drug mafias rule states (Latin America), have their own armies (Southeast Asia). The income of underground corporations in the drug trade exceeds the known income from the oil trade and approaches the global income from the arms trade. Abuse among young people is especially disastrous - both the present and the future of society are affected. From the point of view of narcologists, the complete picture of the spread of abuse, including forms of substance abuse, is even more tragic. Substances and drugs not included in the list of drugs, as a rule, are even more malignant, lead to even greater damage to the individual. At the International anti-drug center in New York, there is a document indicating the number of drug addicts on the globe - 1 000 000 000 a man. Drug addiction, as the experts of the World Health Organization emphasize, is a great threat to public health on a global scale.

The vegetative nervous system controls the work of internal organs and blood vessels through biologically active substances-mediators. The mediator of the parasympathetic system is acetylcholine. Nicotine binds to nicotine holinoreceptors. Blood pressure decreases, pulse slows down and peripheral vessels dilate.

In the sympathetic department, nicotine works with adrenoreceptors, so the effect of smoking resembles the action of adrenaline: the pulse quickens blood pressure increases, the breakdown of glycogen are activated, fats - glucose and lipids enter the blood. The effect of nicotine on the brain occurs through a special group of N-cholinergic receptors responsible for the release of glutamate, GABA and dopamine.

Pronounced vegetative reactions: dizziness, a feeling of "acceleration" of the pulse, then alternating relaxation and a sense of concentration, mobilization, anxiety relief indicate that

nicotine works. Works and convinces the addict: "Smoke more. Just keep doing it and think you're doing it all right.

Once in the digestive tract, alcohol is quickly absorbed already in the stomach, oral cavity and enters the systemic circulation. It is distributed unevenly, a large concentration of the substance is noted in the brain, where the substance interacts with serotonin, dopamine and GABA receptors, causing sedation, euphoria and relieving muscle tension.

The toxic effect of alcohol on blood elements and the cardiovascular system is as follows:

High concentrations of alcohol destroy red blood cells (pathological hemolysis).

Activation of the sympatho-adrenal system with the release of catecholamines. There is a spasm of coronary vessels, arrhythmias, including life-threatening ones. The nutrition of the heart muscle is disrupted, secondary alcoholic cardiomyopathy develops.

A high dosage of ethanol leads to the formation of arterial hypertension.

Alcohol is a high—energy substance, with an excess of calories it is metabolized into lipids, the concentration of LDL increases, atherosclerosis progresses.

The electrolyte balance is disturbed; this also leads to the occurrence of arrhythmias.

Smoking and alcohol increase the risk and worsen the course of cardiovascular diseases. Giving up these bad habits helps to improve the quality of life and protect against premature death, heart attack, stroke, severe disability.

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