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## THE NEGATIVE IMPACT OF SMOKING ON HUMAN HEALTH AND THE ENVIRONMENT

**Annotation:** Nature has initially given humans the ability to live a long and healthy life. However, people realize this potential only by 30-50%, which largely depends on their lifestyle and ability to properly care for their health. Bad habits, such as smoking, accelerate the process of depletion of vital resources and significantly reduce life expectancy. Smoking remains one of the most pressing problems of our time, contributing to the development of serious diseases and premature death. It is widespread and harms not only the health of an individual, but also society as a whole, being a significant social problem. This habit affects both smokers and non-smokers, exposing the latter to the danger of passive smoking.

**Keywords:** Smoking, youth, tobacco, nicotine addiction, life expectancy, metabolism.

Smoking is one of the most serious problems of our time, causing the development of many diseases and premature death.

According to the World Health Organization, about 6 trillion cigarettes are produced in the world every year, with about 700 million tons of butts ending up in the environment. It should be taken into account that cigarette filters are made of cellulose acetate, which is a plastic material. It takes about 20 years for one cigarette butt to completely decompose, turning into microplastics. In addition, tobacco resins containing carcinogenic and toxic substances are retained on the filter. Smokers annually emit harmful compounds into the atmosphere: nicotine (108 thousand tons), hydrocyanic acid (720 thousand tons), ammonia (384 thousand tons), tar (600 thousand tons), and others. The production of one ton of cellulose acetate results in the emission of 1.4 tons of greenhouse gases, which is equivalent to the annual carbon dioxide emissions of 15 thousand people. Heavy metals and radioactive isotopes, entering nature, pollute the soil and water, harming ecosystems. Serious consequences are already observed at the tobacco production stage: about 600 million trees are destroyed annually to dry tobacco leaves. Cigarette butts, when released into nature, release toxins and are difficult to decompose. Their disposal requires significant financial costs, which is a pressing issue.

Smoking has a negative impact on health: it first causes relaxation, then anxiety and irritability (23%), can lead to an increase in body temperature (11%), sleep disorders (12%) and skin problems (21%). The functions of the endocrine system are also affected (18%), and vascular spasms increase the risk of stroke (15%). The risk of developing lung and upper respiratory tract cancer is especially high, which ranks first among oncological diseases in men. Smoking is especially harmful for teenagers: memory deteriorates (22%), reaction time slows down (21%), visual acuity decreases (14%), chronic fatigue develops (34%), and hearing deteriorates (9%).

The danger of passive smoking is also great: when near a smoker, non-smokers inhale up to 80% of harmful substances from tobacco smoke. Passive smoking contributes to the development of cardiovascular diseases, coronary heart disease and vascular dysfunction in the extremities. In addition, it has been proven that nicotine can contribute to the development of gastric ulcer and duodenal ulcer.

Physical and psychological dependence on nicotine develops rapidly: 80% of people who start smoking become regular smokers. Of particular concern is the increase in smoking among girls, since in pregnant women smoking leads to slow development of the fetus and increases the risk of miscarriage. Nicotine and other toxic compounds contained in tobacco smoke reduce the intake.

Passive smoking is no less dangerous. Passive smoking inhales nicotine, carbon monoxide, and hydrogen cyanide, benzene, toluene, acrolein and other toxic and carcinogenic substances in much larger quantities than smokers. Tobacco smoke inhaled passively by non-smokers is a strong irritant to the lungs. It causes, at the very least, unpleasant sensations and coughing. Carbon monoxide and nicotine contained in tobacco smoke lead to the development of coronary heart disease and obliteration of the vessels of the extremities. At the same time, the level of cardiovascular pathology increases with the increase in the number of cigarettes smoked. It has been established that nicotine contributes to the development of gastric ulcer and duodenal ulcer. Nicotine in small doses excites h - cholinergic receptors adrenocytes of the adrenal medulla, as a result of which the flow of adrenaline into the blood increases with the corresponding physiological effects. Large doses of nicotine have the opposite effect. The two-phase effect of nicotine is manifested in the central nervous system, the respiratory center, the secretory function of the salivary and bronchial glands, the motor function of the intestine: in small doses it enhances, and in large doses it inhibits. Long-term tobacco smoking leads to chronic nicotine poisoning, the most typical manifestation of which is inflammatory processes of the mucous membranes of the oral cavity and respiratory tract, increased secretory activity of the salivary glands, decreased acidity of gastric juice, increased motor function of the intestine. From the cardiovascular system, an increase in blood pressure, tachycardia is observed, attacks of paroxysmal tachycardia and angina are possible, amblyopia may develop. Nicotine has a vasotonic effect, causing persistent constriction, therefore smoking during pregnancy leads to various complications, increases the risk of miscarriage, premature birth, and negatively affects the development of organs and systems of the fetus. In combination with chemical pollutants of the environment, the components of tobacco smoke exhibit an additive effect, especially since smoking contributes to the entry of contaminants into the body both through the respiratory system and by ingestion.

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