

*Effects of
Tobacco , Gutkha
&
Pan Masala*

Introduction

- *India ranks 4th in the total tobacco consumption in the world. Chewing tobacco has been a tradition in India for centuries.*
- *Of the total amount of tobacco produced in the country, around 48% is in the form of chewing tobacco, 38% as bidis, and only 14% as cigarettes.*
- *In the chewing segment, the panmasala is a favourite at Indian homes. It is a mixture of nuts, seeds, herbs, and spices which is served after meals in India.*

GHUTKA

- Gutkha is an extremely popular herbal concoction sold throughout subcontinent
- People especially males uses Gutka frequently and are addicted. It have a lot of harm but most of us are unaware of it.

Leaves of tobacco from which ghutka & ciagrettes is prepared



Ingredients of pan masala and gutka

- These are prepared from premium quality ingredients give complete and long lasting pleasure such as primed natural perfumed compounds, fresh flowers extracts, betel nut, catechu and tobacco made for the taste of diverse regional tang.

Different types of gutka's & pan masala

Moolchand Classic
Dandia Gutka

21 Kuber Gutka
Moolchand Superb
Gutkha
Kuber 500 Gutkha
Saffron blended Wiz
Gutkha
Wiz Gutkha
Kesar Shikar
Club Class Gutkha
,Pan Masala.



SIDE EFFECTS OF GUTKA

- Some practitioners of Ayurveda (a traditional Indian system of medicine) advocate the use of gutkha as a treatment for fatigue and depression, and the product is also sold as a breath freshener
- Unfortunately, gutkha is associated with many serious side effects; almost all medical practitioners advise against its routine use

PSYCHOLOGICAL EFFECTS

- After long-term use, many users become addicted to gutkha's effects on brain chemistry.
- It cause symptoms such as:
 - Dry mouth
 - Fatigue
 - Insomnia

CARDIOVASCULAR EFFECTS

- After long-term use, many users become addicted to gutkha's effects on brain chemistry.
- More seriously, gutkha use is associated with an elevated risk of chest pain, heart attack and stroke

GASTROINTESTINAL EFFECTS

- Gutkha has been known to cause many gastrointestinal side effects
- Its shows symptoms such as:
 - Nausea
 - Vomiting
 - Abdominal pain

Effects of pan masala

- High risk of lung cancer & heart diseases.
- Bad breath & stained teeth.
- Serious breathing problem.
- Low athletic ability.
- Money & time loss.
- Charm on the face reduce.

Effects of pan masala



HOW TO QUIT IT ????????

1. DECIDE TO QUIT IT
2. MOTIVATE YOURSELF
3. SET A QUIT DATE
4. KEEP ON TRYING WITH AN ORAL
SUBSTITUTE

ORAL SUBSTITUTE





Quitting causes nervousness!!!!



THUS,

*If we lose the battle against tobacco, we will
lose the war against cancer.*

*If I cannot smoke in heaven, then I shall not
go.*

THANK YOU VERY MUCH!!!