

2.1: Tobacco and Alcohol

In this Section,
you will learn about:

- Effects of Tobacco and Alcohol Consumption.
- Benefits of Quitting Tobacco and Alcohol.
- Withdrawal Symptoms among those who Quit Tobacco and Alcohol.
- Laws Related to Tobacco and Alcohol.

Why do People use Tobacco and Alcohol?

Many people start smoking/chewing tobacco and consuming alcohol in their early twenties or even earlier. Adolescents may begin to use tobacco or alcohol in order to act older, or as a way of experimenting, to gain social acceptance among peers, or in stressful situations. Adults begin to smoke and drink to either overcome stress or pressures of daily life or for pleasure. Individuals react differently to the amount of alcohol they drink. While some individuals experience ill effects with even small quantities of alcohol, others can consume larger quantities without any harmful effects appearing immediately.

It is also important to remember that in some parts of our country, drinking alcohol is part of the local tradition. Your task is to understand the harmful consequences of the use of these substances and communicate this to the people of your community.

What are the Various Forms in which Tobacco is Used?

There are smoking and smokeless forms of tobacco.



- Smoking tobacco can be in the form of cigarettes, bidis, cigars, hukkahs or pipes. Bidi smoking is the most popular form of tobacco smoking in India.
- Smokeless tobacco is consumed through chewing (through the mouth), sucking and applying tobacco preparations to the teeth and gums or inhaling. It is chewed (in the form of *gutkha*, *zarda*, *mawa*, *pan masala* (with tobacco) and *pan* (with tobacco) or *khaini*), applied as a paste in the form of *gudakhu*, *gul*, and inhaled in the form of *snuff*, *chutta*, etc.