

Effect of Cigarette Smoking on Human Health

Ajay Kumar Singh

Shri G.P.M. Degree College of Science and Commerce, Andheri, Mumbai, Maharashtra

Abstract: *Cigarette smoking remains a significant public health concern, contributing to a wide range of adverse health effects, including respiratory diseases, cardiovascular diseases, and various types of cancers. This abstract provides a concise overview of the detrimental health effects of cigarette smoking and explores the promising potential of mangroves as a natural remedy. Cigarette smoking is a leading cause of preventable deaths worldwide. It is associated with an increased risk of lung cancer, chronic obstructive pulmonary disease (COPD), heart disease, stroke, and various other health problems. Second hand smoke exposure can also harm non-smokers, making it a concern for public health. Mangroves, coastal ecosystems comprised of salt-tolerant trees and plants, have gained attention in recent years for their remarkable ability to purify the environment. These unique ecosystems can filter pollutants, absorb carbon dioxide, and provide a habitat for diverse wildlife. Moreover, mangroves release organic compounds into the environment, some of which have been found to have potential health benefits. Research suggests that mangroves produce phytochemicals and bioactive compounds that possess antioxidant, anti-inflammatory, and anticancer properties. These compounds can help combat the oxidative stress and inflammation caused by cigarette smoke exposure, potentially mitigating some of the health risks associated with smoking. The abstract highlights the urgent need to address the public health crisis of cigarette smoking and underscores the potential of mangroves as a natural remedy to counteract some of its adverse health effects. Future research in this area may uncover novel therapeutic applications of mangrove-derived compounds and contribute to efforts aimed at reducing the global burden of smoking-related diseases.*

Keywords: Cigarette smoking.