

Short Note on Nicotine Replacement Therapy

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Commentary

Nicotine is an utmost addictive chemical component that is obtained naturally from plant extracts or prepared under laboratory conditions. It is usually obtained from plants like Tobacco, potato, tomato, Duboisia, etc. This recreational element is generally used for smoking cessation during withdrawal. During this smoking withdrawal therapy, nicotine is used in the form of nasal sprays, lozenges, chewing gums, inhalers, nicotine patches. They help the patients to gradually reduce the use consumption and reduce health issues raised due to this smoking addiction. Nicotine has a rich source of nitrogen (pyridine and pyrrolidine heterocyclic components), this is the main reason to make this nicotine more addictive and simultaneously prolonged consumption of this tobacco will cause cancer.

Nicotine has major side effects like loss of appetite, mood swings, pulsating heart rate and blood pressure, nausea, diarrhea, etc. and even it has been a major threat to many lives. While the pure form of nicotine is beneficial for improving the memory of Alzheimer's patients, treating Tourette's syndrome, Parkinson's disease, painkillers, weight loss management, positive and negative reinforcement, etc. This nicotine when consumed stimulates the adrenal gland and releases epinephrine hormone (adrenaline), it results in the sudden release of glucose simultaneously increases the rate of respiration, heart rate, blood pressure, etc.

The major mechanism behind this nicotine replacement therapy is it reduces cravings of that physiological need and gradually lacks interest in it. Though consumption of nicotine is common when a person smokes tobacco or undergoes this nicotine replacement therapy there will be a major difference in the reactions. During nicotine replacement therapy it relies on systemic venous absorption, while if a person consumes cigars the nicotine content directly reaches the arterial system which is more dangerous and shows adverse effects. This is the main

reason behind people getting their health deteriorated and leading to tumors and cancer.

Researchers have proven that along with this nicotine replacement therapy has shown a higher success rate than compared to smoking cessation and cognitive therapy, they even found better results if any of them are given in combination. Counselling the patients is equally important in any de-addiction program. With the help of nicotine replacement therapy, it is observed that a person could cut off or control their cravings for nearly 6 months. E-cigarettes are also one among them, which have shown better results twice as compared to smoking cessation therapy. During this smoking cessation therapy, patients are administered with pharmacotherapeutic agents, which may have side effects. This dosage of nicotine replacement therapy is always dependent on the number of cigars, tobacco consumed by the patient. Doctors and rehabilitation therapists must be very cautious during the prescription of medicines and they must have knowledge about their medical history and should definitely know the conditions in individuals with severe reactive airway diseases, chronic nasal disorders or allergies, diabetes, gastrointestinal diseases such as esophagitis, active gastric or peptic ulcer disease, liver problems, hyperthyroidism, pheochromocytoma, phenylketonuria, renal problems, and dermal infections such as psoriasis or dermatitis. Considering all the medical assessment and side effects of this nicotine replacement therapy has to be given to patients.

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Declaration of Conflicting Interests

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