



The Negative Impact of the Nasvai on the Body of a Teenager

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Abstract: Currently, narcologists often face the problem of developing adolescent addiction. Moreover, we are usually talking about the use of quite affordable substances, the production and distribution of which is not prosecuted by law (or law enforcement officers "turn a blind eye" to violations, for example, of age restrictions when selling certain products containing alcohol or nicotine). Nasvai refers to the so-called "smokeless" tobacco products. However, its production is not regulated and not controlled by the state, so the mixture is made and packaged in artisanal, unsanitary conditions.

Key words: long-term reactions, broncho pulmonary system, tobacco products.

Nasvai (sometimes called simply "us") is a mixture of partially processed tobacco, ash, vegetable oil and slaked lime to accelerate the absorption of nicotine. Previously, this form of chewing tobacco, due to national characteristics and traditions, was mainly common in the Asian part of the CIS (Turkmenistan, Tajikistan, Uzbekistan, Kyrgyzstan, etc.). But in recent years, nasvai has gained popularity in Russia (according to some reports, about 200 tons of nasvai are illegally imported into the Russian Federation every year), especially among teenagers.

To achieve the desired effect, a portion of nasvai is placed behind the upper or lower lip, under the tongue and absorbed. Its side effects can be divided into short-term and long-term reactions. Immediately after use, the following symptoms appear:

- severe burning sensation in the mouth, blisters, bleeding cracks may appear on the lips when the powder or particles of the mixture get on the lips;
- sharp severe dizziness;
- headache;
- rhinorrhea, lacrimation;
- Increased salivation.

Such symptoms are especially acute after the first episodes of using nasvai, less pronounced in smokers. As nicotine addiction progresses, a person usually ceases to pay attention to the unpleasant smell, taste, and discomfort in the mouth.

Narcologists recommend paying attention to such "classic" signs of use: How to understand that a person uses nasvay:

- bad breath;
- ulcers on the mucous membrane of the mouth, lips, frequent episodes of stomatitis, chronic pharyngitis, tonsillitis;
- deterioration of teeth: darkening and destruction of enamel, rapidly progressing caries;
- abdominal pain;

Periodic disorders of the stool, loss of appetite.

Like cigarettes, nasvai quickly causes nicotine addiction, which is also characterized by withdrawal syndrome. The absence of another "dose" provokes:

- mood deterioration, irritability;
- eating disorders: the addict has a feeling of emptiness and discomfort, which he tries to compensate with constant snacks;
- acceleration of heartbeat, shortness of breath;
- sleep disorders and, accordingly, daytime sleepiness;
- Absent-mindedness, impaired concentration.

Many mistakenly consider the harm of nasvai to be exaggerated, arguing this position by the fact that it is not smoked, therefore, chronic bronchitis, lung cancer and other diseases of the respiratory tract can not be afraid. But experts warn against this kind of misconceptions. Yes, lesions of the broncho pulmonary system when using nasvai are rare, but in this case, the mucous epithelium of the oral cavity, the upper gastrointestinal tract, first of all falls under attack.

- The following consequences of using nasvai are characteristic: chronic pain and dyspeptic syndrome;
- development of hypertrophic, erosive and atrophic forms of gastritis, peptic ulcer disease;
- persistent violation of the production of digestive enzymes;

But the most dangerous, especially in adolescence, is the effect of nasvai on the brain. Its regular use causes chronic hypoxia of neurons, irreversible disorders of their function. Systematic use of this form of tobacco leads to:

- memory degradation;
- a decrease in intelligence, the ability to memorize and assimilate new information (this negatively affects academic performance at school, university);
- chronic insomnia;

psychoemotional disorders: the addict is usually in an irritated, sullen mood, revival occurs only before meeting with friends with whom you can use another portion of nasvay.

The question of whether nasvai is a drug can be considered rather rhetorical. From the official point of view — no, as well as cigarettes, nicotine-containing liquids for electronic cigarettes, etc. But on the other hand, there is also no strict regulation of the rules of its sale, especially to minors. This apparent

safety and accessibility often causes a desire to try something else, more "strong" (marijuana, synthetic drugs, etc.).

However, regular use of nasvai is fraught with serious health consequences, so the formed dependence requires mandatory treatment. To overcome it, various methods of psychotherapy are used, including hypnotic coding. You can restore your health with the help of medication. The main thing is to consult a doctor in a timely manner and prevent the development of irreversible complications.

The health of a child is the greatest happiness for parents. But, unfortunately, teenagers are starting to use psychoactive substances more and more often.

Recently, cases of underage use of non-smoking tobacco products intended for sucking and (or) chewing have become more frequent. It is alarming that teenagers are involved in the sale of this substance. At the same time, the current legislation establishes administrative responsibility for illegal actions with non-smoking tobacco products.

Nasvai, like tobacco, refers to toxic agents. For its manufacture, a tobacco-like plant "us" was previously used. Now the main component is a simple shag or tobacco. Slaked lime, ashes of various plants, camel dung or chicken manure is also added to the mixture. To speed up the habituation to nasvay, more active substances can be added. It looks like green balls or grayish-brown powder.

Nasvai is not a substitute for tobacco, but the tobacco that harms the body. It will not help to get rid of smoking! The only difference is that tobacco smoke strikes the lungs first, and nasvay - on the oral mucosa and gastrointestinal tract.

With infrequent use, it can cause orthostatic collapse, when a person, when moving from a horizontal position to a vertical position, feels a darkening of vision and may even lose consciousness. The muscles of our consumers are usually weakened; they have severe sweating and are constantly haunted by a feeling of weakness. This condition does not contribute at all to normal learning and dramatically reduces the ability to work.

Parents of teenagers using nasvai can not immediately identify the first signs of using nasvai. Therefore, you should carefully monitor the condition of your child, and if there are signs of weakness, loss of attention, deterioration in studies, changes in the psyche and unusual behavior, it is necessary to take measures.

It is necessary to have a conversation with your child in advance about what negative aspects the use of various types of substances carries, including nasvaya.

Adolescence is a very serious stress for a child, many children are worried! its hard. Even if you are very busy at work, tired, have a headache and other problems - find time for the child. No matter how independent and independent he is, he needs your support and help. Spend more time with him - arrange picnics, go to the movies, encourage him to play sports, attend clubs. First of all, respect him as a person, talk to him on an equal footing, and then the child will have no secrets from you, he will be self-confident and he will not need to prove that he is already an adult in such ways as smoking or using other psychoactive substances.

Sometimes, oddly enough, athletes also use an extremely dubious product. By replacing cigarettes of this kind with non-smoking tobacco, they try to avoid lung depression. The logic is simple, but vicious: the general destructive effect on the body of nasvai more than covers its supposedly smokeless plus. However, it is difficult to call ordinary smoking a useful habit. In a word, choosing the lesser of two evils, you will still get something bad as a result.

Nasvai is a traditional product for the inhabitants of Central Asia. Everywhere it is produced artistically according to various recipes from unknown ingredients, for the purity of which no one can

vouch. In addition to the main ones, which have already been mentioned, there may be other harmful substances here: heavy metals, carcinogens that accumulate in the body. Sometimes, to kill the unpleasant smell of "goodies", mint extract can be added. A much more dangerous seasoning is psychotropic substances, which the manufacturer decides to flavor the artisanal product with for greater effect.

Nasvai is many times more dangerous than cigarette tobacco. But the distributors of the drug, of course, do not warn about this. You can understand that the harm from us is great by the first symptoms that occur after putting the balls in your mouth. The mucous membrane begins to burn strongly, an unpleasant taste appears in the mouth.

These unpleasant phenomena are stopped by an instant, but short-term feeling of euphoria, after which there is a second wave of negative effects on the body: dizziness, apathy, irritability. The latter is caused by withdrawal syndrome, which consists in the desire to use nasvai again.

Even if you always spit out the saliva formed during the use of saliva, some part of the decomposed substances will still get into the stomach. In addition to nausea and vomiting, it can cause diarrhea and the appearance of chronic diseases: gastritis, ulcers. Against the background of frequent intake of nasvai, stomach cancer may develop.

When using a surrogate substance, you can also catch an intestinal infection caused by ingestion of animal excrement.

Since the main ingredient of the nasvai composition is tobacco, the substance has a destructive effect on the body. However, if the lungs suffer more from cigarettes, then after using nasvai, the main blow falls on the gastrointestinal tract and oral mucosa.

Just one dose of the mixture contains as much tobacco as several cigarettes at once, so nasvai has a more devastating effect on the human body. It not only does not help to cope with nicotine addiction, as the sellers claim, but also causes a lot of side effects. At the same time, schoolchildren, not realizing the severity of the consequences, use nasvai at recess, just to relax and get a "quick arrival".

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