

## The Dilemma with e-cigarettes

### What is the issue?

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- There are conflicting claims about health effects of 3-cigarettes.
- Hence, Indian policy makers should tread cautiously in this regard.

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### How does India's policy landscape on e-cigarettes look?

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- Recently, the Delhi government stated in court that it was planning to ban e-cigarettes in its territory due to its likely health implications.
- Significantly, Karnataka and Maharashtra have already banned e-cigarettes and the "Union Health Ministry" has also taken a stand against it.
- But as combustible cigarettes are freely available throughout India, there are concerns on whether an outright ban against e-cigars is the right move.
- Notably, "e-cigar" is a new technology, and its long term health effects aren't known yet, but there are indications that they are better than conventional cigarettes.

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### What are the health implications of e-cigars?

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- Instead of burning tobacco, e-cigars heat a liquid to generate a nicotine-containing aerosol that does not produce toxic tars.
- But this doesn't mean they are completely safe, as at high temperatures, e-

cigarettes produce carcinogens such as formaldehyde.

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- They also increase the odds of lung disease and myocardial infarction.

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- Nonetheless, its carcinogenic and other health implications are believed to be lesser than for normal cigarettes, although long-term data isn't available.

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### **What is the dilemma about?**

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- **Positives** - Some researchers argued that e-cigarettes must be viewed from a "harm minimisation" perspective as they are a better alternative.

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- Given that combustible cigarettes are more noxious than electronic ones, switching from the former to the latter can help addicts to lead healthier lives.

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- **Negatives** - But others feel the need to adopt a precautionary approach as e-cigarettes is a young technology, whose long term effects aren't known.

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- Further, some carcinogens in e-cigarettes have already been discovered to have a non-linear effect (even small quantities having big effects) on cancer.

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- There is also the risk of e-cigarettes acting as a gateway drug for young people and surveys have indicated that e-cigars are likely to increase addictions.

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- Further, due to its branding as a healthier alternative it may end up promoting the habit of smoking.

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### **What is the way ahead?**

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- Completely banning the technology, while selling normal cigarettes, could take away a promising smoking-cessation aid.

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- A more pragmatic option would be to regulate e-cigarettes tightly, by creating standards for the aerosols and banning underage and public use.

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- This would leave smokers with a therapeutic alternative, while protecting youngsters from a gateway drug.

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- Either ways, conflicting evidence makes it a tough call for policymakers and India should tread cautiously.

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**Source: The Hindu**

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